

UNIVERSITY OF PUNE

Faculty of Physical Education

SYLLABUS

DIPLOMA

IN

ADVENTURE SPORTS

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 six months. Two courses per year are to be conducted, first from January to June & second from July to December. 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 the Certificate Course in Adventure Sports or any **Other Equivalent Course** will be eligible for the admission to the Diploma in Adventure Sports.

Intake:	50 Students
Allocation of Seats:	All seats shall be open
Selection Procedure:	Interview

5. Medium of Instruction and Examination:

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

The candidate appearing for the Diploma 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 Diploma in Adventure Sports:

Area	Part	Head		Marks	
Theory (External Examination)	I		External		
		1		Adventure Sports	100
		2		Mountaineering Water Sports Aero Sports	Any One 100
		3		Safety measures & Rescue Techniques	100
		4		Planning & Organization	100
					Total
Practical (Internal Examination)	II		Internal		
		1		Performance of Specialized Adventure Activity	100
		2		Organization of Activity & its Report	50
		3		First-Aid	25
		4		Record Book, PPT & Viva-voce	25
			Total	200	
			Grand Total	200	

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 of Pune.

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 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 per paper & carry **100 Marks/Paper**. The paper will consist both Objective & 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	

Evaluation:

		Marks	Standard of Passing
External			
1	Adventure Sports	100	40
2	Mountaineering Any One Water Sports Aero Sports	100	40
3	Safety measures & Rescue Techniques	100	40
4	Planning & Organization	100	40
	Total	400	200 marks
Internal			
5	Performance of Specialized Adventure Activity	100	50
6	Organization of Activity & its Report	50	25
7	First-Aid	25	12
8	Record Book, PPT & Viva-voce	25	12
	Total	200	100 marks
	Grand Total	600	50% in both parts

Standard of Passing:

1. A student has to obtain minimum 40% of marks in theory paper.
2. A student has to obtain 50% of marks in practical examination separately.
3. A student has to obtain 50% aggregate marks together in Theory & Practical assessment to pass the Diploma 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
180	O
160	A+
140	A
130	B+
120	B
110	C+
100	C

Backlog of Courses/Rules of A.T.K.T.:

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

Marks Weightage**Theory:**

Paper No.	Topic	Marks
1	Adventure Sports	100
2	Mountaineering Water Sports Any One Aero Sports	100
3	Safety measures & Rescue Techniques	100
4	Planning & Organization	100
	Total	400

Practical

Sr. No.	Topic	Marks
1	Performance of Specialized Adventure Activity	100
2	Organization of Activity & its Report	50
3	First-Aid	25
4	Record Book, PPT & Viva-voce	25
	Total	200

Issue of Transcript & Passing Certificate:

Within **One Month** after the theory examination & the diploma course the student shall be awarded with the passing certificate by the University of Pune.

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	Adventure Sports	100	90	5 days
2	2	Mountaineering Water Sports Aero Sports	100	90	04 months
3	3	Safety measures & Rescue Techniques	100	90	01 month
4	4	Planning & Organization	100	90	01 month
		Total	400	360 lectures	06 months

THEORY

Participants will have the opportunity to:

- Get introduced to various types of adventure sports & undergo some of the types of Adventure Sports.
- Know about the fitness, fitness factors and training essential for adventure expert.
- Specialise in one Adventure Activity
- Perform various types & techniques of specialised adventure activity.
- Get knowledge of various safety procedures & stress calls & signals
- Train in Map Reading, Weather Interpretation & Photography.
- Undertake course of instruction in outdoor first-aid, risk management, mountain weather, etc.
- Take part in activities with staff, who are high performers, with extensive experience in their pursuits.
- Know all about organisation and planning of an Adventure activity.
- Develop and use inter-personal communication and apply this to a leadership situation.
- Learn teaching progressions & ethics for teaching on a number of adventure activities and be able to practise these with feedback.

SYLLABUS

PAPER 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: definition, fitness factors, training of fitness factors

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	Kirkrdall, Tom
11	Mountain Bike	Nealy, William
12	Extreme Sports	Joe Tomlinson
13	Adventure Sports: Mountain Biking	Sussana mills
14	Total fitness	Power S. & Dodd S.
15	Fitness Walking	

PAPER II: Mountaineering/Water Sports/Aero Sports (Any One)

Mountaineering

- Definition of Mountaineering, History, Types: Trekking, Rock Climbing, Bouldering, Ice Climbing, Wall Climbing
- Trekking: Mountain Manners, Trek Planning, Trekking sites in India.
- Rock climbing: Principles, Route Planning, Holds, Equipment, Clothing
- Knots: Thumb, Reef, Clove Hitch, Fisherman, Simple Bowline, Figure of Eight
- Techniques: Abseiling (Rappelling), Jumaring, Chimney Climbing, River/Valley Crossing Techniques, Bushcraft.
- Anchors, Climbing Calls, Tent Pitching

Sr. No.	Name of the Book	Name of the Author
1	Advanced Rock Climbing	John Long & Craig Luebben
2	Extreme Alpinism	Mark Twight
3	The Complete Rock Climber	Malcolm Creasy
4	Medical Handbook for Mountaineers	Peter Stede
5	Mountaineers	Chris Bonnington
6	A Comprehensive Course on Climbing	Michael Grey
7	The Mountaineering Handbook	Craig Connally

Water Sports

- Types: Canoeing, Kayaking, Rafting, Scuba Diving, Snorkelling, Surfing, Water Skiing
- Sites in India
- Rafting & Kayaking: Equipment, Clothing & Techniques
- Scuba Diving & Snorkelling: Equipment, Clothing & Techniques

Sr. No.	Name of the Book	Name of the Author
1	Rafting: An Introduction	Romola Butalia
2	Scuba Diving: An Introduction	RAJIV Butalia
3	Dinghy Sailing: The Essential Guide to Equipment & Techniques	Sarah Ell
4	Adventure Sports: Windsurfing	Simon Bornhoft
5	Adventure Sports: Scuba Diving	Lee William Harris
6	Water Sports Adventure	Waring, Rob

Aero Sports

- Types: Ballooning, Hang gliding, Paragliding, Parasailing, Skydiving
- Hang gliding & Paragliding: Equipment, Clothing & Techniques
- Parasailing: Equipment, Clothing & Techniques
- Sky diving: Equipment, Clothing & Techniques

Sr. No.	Name of the Book	Name of the Author
1	Paragliding: An Introduction	Romola Butalia
2	Beginning Gliding (Flying & Gliding)	Derek Piggot

PAPER III: Safety Measures & Rescue Techniques

- Safety Measures: Safety Equipment, Clothing, Techniques & Methods
- Rescue: Techniques
- Injuries & First Aid: Classification of Injuries, First Aid
- Map reading & compass, Weather Interpretation, Stress Calls & Signals
- Photography

Sr. No.	Name of the Book	Name of the Author
1	Sports Injuries & their Treatment	Colson J. & Armour W
2	Sports Injuries	Vinger P & Hoerner
3	Sports Injuries- Mechanics, Prevention & Treatment	Freddie H. & Stone D.
4	Emergency Survival	Van Tilburg, Christopher
5	Extreme Sports Photography	David Spurdens
6	First Aid Pocket Guide	Shatner William
7	Bailliers Handbook of First Aid	Kirby & Mather
8	First Aid Handbook	National Safety Council's First Aid Handbook
9	First Aid	Laboratanes A.

PAPER IV: Planning & Organisation

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

Sr. No.	Name of the Book	Name of the Author
1	Management competency development in sports & Physical education	Ziegler E. F. & Bowie G. W.
2	Educational development through information communication	Fallows S. & Bhanot R.
3	Education & Communication for development	Dahama & Bhatnagar

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	AERO SPORTS	
7	Descender	05 nos	Hand Glider	02
8	Mittens	10 pair	Para Glider	02
9	Tapes	05 nos	Helmet	10
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		
17	Life Jacket	10 nos		
18	Rucksack	05 nos		

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.nzxsports.com	www.rockclimbing.com
www.indmount.com	www.adventuresports.com	www.expn.go.com
www.usaindians.com	balloonindia@yahoo.com	www.wikipedia.com
www.indiaonestop.com	www.answers.com	www.thebmc.co.uk