

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)
SEM- 8 (GE-17)

ADVENTURE SPORTS

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
17	SEM- 8 (GE-17) ADVENTURE SPORTS	04	3	0	1	XII Pass	NIL

LEARNING OBJECTIVES

- This course offers an introduction to Adventure Sports. It aims Students will be able to develop an understanding
- about adventure sports, its classification, and new trends in adventure sports, training institutes, governing bodies and scope in adventure sports.
- This course aims to inculcate the value of nature, and its diversity across the country, and develop the dignity of hard work through adventure.

LEARNING OUTCOMES

- After completing this course, the students will be able to
 - understand the concept of adventure sports and its types. understand the historical development of adventure sports.
 - distinguish between adventure and other sports Realization of fear and its role,
 - classify and identify the Training and its Institutes, Federations and Associations, Rules, Protocols, Standards, and guidelines in adventure sports, recognize
 - distinguish the functional operations of national and international federations.
- Adventure Sports is closely linked with nature and sensitize students regarding the conservation and preservation of natural ecosystems
 - Adventure sports activities create awareness among the public to conserve and protect wildlife.
 - Adventure sports activities create the sense of proper use of forest resources and avoid deforestation.
 - Adventure activities make concrete effort to minimize pollution factors and uplift natural environment.

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

Unit – I: INTRODUCTION TO ADVENTURE SPORTS

(11 HRS.)

- Definitions and meanings of adventure sports
- History and development of adventure sports
- Classification of adventure sports

Unit – II NATURE AND SPORTS ADVENTURE

(12 HRS.)

- Natural Resources like Air, Water, and Land for adventure sports
- Role of weather and climate in adventure sports
- Understanding Nature and Bio-Diversity for adventure sports

Unit – III: ACTIVITY OF ADVENTURE SPORT

(11 HRS.)

- Air: (Bungee Jumping; Gliding, Para Sailing, Parachute)
- Water (Sailing, Scuba Diving, Open Water, Canoeing, Kayaking, Open Water Swimming, Surfing)
- Land (Roller Blade, Trekking, Hiking, Climbing, Mountaineering, Rock Climbing)

Unit – IV: SAFETY AND PRECAUTIONS IN ADVENTURE ACTIVITIES (11 HRS.)

- Quest for excitement and risk
- Role of fear and its management
- Understanding hazards, types, and possible solutions
- Rational approach to safety

PRACTICAL:

(30 Hrs)

1. Select and write a report on any One Adventure Sport - LAND
2. Select and write a report on any One Adventure Sport - WATER
3. Select and write a report on any One Adventure Sport - AIR
4. Write a Report on any ONE INDIAN Adventure Personality of your choice.

Suggested Readings

1. Adventure Sports Coaching, Routledge 2015
2. Barton, Safety, Risk and Adventure in Outdoor Activities, Sage Publications 2006
3. Bob Stremba and Christian A Bisson, Editors, Teaching Adventure Education Theory: Best Practices, Human Kinetics, 2009
5. Fritz Allhoff, Climbing: Because It's There, John Wiley & Sons 2010
6. Mark Wagstaff, Aram Attarian, Technical Skills for Adventure Programming: A Curriculum Guide, Human Kinetics Publishers 2009
8. Matt Berry and Charis Hodgson, Adventure Education: An Introduction, Taylor & Francis 2011
9. Nick Draper Chris Hodgson, Adventure Sport Physiology, John Wiley & Sons Inc
10. R. James Sibthorp, Alan Ewert, Outdoor Adventure Education, Human Kinetics Publishers 2014

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.