

## SEMESTER-VIII

### BSc-PE-DSE-12 (4)-604: ADVENTURE SPORTS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-12 (4)-604: ADVENTURE SPORTS	4	3	1	0	Class XII pass	NIL

**Learning Objective-** It aims to develop an understanding of adventure sports, its classification, and new trends in adventure sports, training institutes, governing bodies, and scope in adventure sports.

#### Learning Outcome:

After completing the course, the students will be able to:

1. understand the concept of adventure sports and its types.
2. understand the historical development of adventure sports.
3. Distinguish between adventure and other sports
4. Identify fear and its role
5. Classify and identify the Training and its Institutes, Federations and Associations.
6. Understands Rules, Protocols, Standards, and guidelines in adventure sports, and recognize and distinguish the functional operations of national and international federations.

#### THEORY SYLLABUS (45 HOURS)

##### Unit – I: Introduction to Adventure Sports (12 Hours)

- Definitions and meanings of adventure sports
- Classification of adventure sports
- History and development of adventure sports
- Understanding weather, terrain, and geology for adventure sports
- Understanding navigation for adventure sports

##### Unit – II: Realization of fear, risk and their management (13 Hours)

- Fear factor due to adventurous activity and its management
- Type of hazards and possible solutions for hazards
- Rational approach to safety
- Different types of Extreme Sports and risks involved

### **Unit – III: Training Institutes and Governing Bodies (10 Hours)**

- National and international governing and regulating bodies into adventure sports
  - Different recognized training institutes in the field of Adventure sports, and their courses
  - Different national and international federations and associations for adventure sports
  - Membership criterion for these federations and associations
  - Rules, regulations and guidelines
  - No competition and competition in adventure sports

### **Unit – IV: Scope in Adventure Sports (10 Hours)**

- Different levels in non-competitive adventure sports
  - Recreational
  - Professional
  - Extreme Adventure
- Different levels in competitive adventure sports
  - Recreational
  - Professional
  - Competitive
- Equipment sales and maintenance

### **SUGGESTED READINGS**

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

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