

RAKIDWAR
BHARTIYA VYAVYAM PADDATI EVAM KHEL

(CERTIFICATE COURSE)

SYLLABUS 2021-22

CERTIFICATE COURSE		
S No.	COURSE NAME	COURSE CODE
1	FUNDAMENTAL OF YOGA	BVP 101
2	BIOMECHANICS & KINESIOLOGY	BVP 102
3	PRINCIPLES AND HISTORY OF TRADITIONAL EXERCISE	BVP 103
4	SPORT TRAINING AND COACHING	BVP 104
5	PRACTICAL - RHYTHMIC EXERCISE : Dand Baithak, Mugdar, Dumbbell, Lazium, Lathi, March-Past, Physical Training (P.T)	BVP -P-105
6	PRACTICALS – YOGA : Asana, Pranayama, Mudra, Bandha, Shatkarma, Sports, Sun Salutation	BVP -P-106
7	PRACTICALS – GAMES: A. INDIAN GAMES: Kho-Kho, Kabaddi, Wrestling, Gatka, Malkham-Wooden(Boys) & Rope(Girls), Martial Art. (Any two) B. OLYMPIC GAMES: Athletics – Track and Field	BVP -P-107