

Diploma in Gatka (Semester System)

(Faculty of Physical Education)

(SEMESTER I & II)

SESSION-2017-18

The examination will consist of two semesters i.e. Semester I and II.

1. Each semester shall be maximum of 250 marks (Total 500 marks).
2. In each semester there shall be two theory papers (one theory paper includes practical) and one practical paper. Each theory paper shall have six teaching hours per week. Each practical paper will have 6 practical hours per week.
3. Evaluation shall be external and internal in the ratio of 80: 20 marks.

Paper	Title of the Paper	Marks
Theory Paper I	Introduction of Martial Art- Gatka	Max.Marks:100 Theory 80 Int. Ass. 20
Theory Paper II	Physiological Aspects of Gatka	Max.Marks:100 Theory 48 Practical 32 Int. Ass. 20
Practical Paper I	Various aspects regarding Gatka	Max.Marks:50 Practical 40 Int. Ass 10

Paper	Title of the Paper	Marks
Theory Paper III	Organization and Administration of Gatka	Max.Marks:100 Theory 80 Int. Ass. 20
Theory Paper IV	General Methods of Training	Max.Marks:100 Theory 48 Practical 32 Int. Ass. 20
Practical Paper II	Project work	Max.Marks:50 Practical 40 Int. Ass 10

SEMESTER – I
Theory Paper I
Introduction of Martial Art- Gatka

Time: 3 Hrs.

M. Marks: 100
Theory: 80
Internal assessment: 20

Instructions for the Paper Setters:

Note: Candidates have to attempt 8 Questions out of 12. Each question carries 10 marks.

- Origin and history.
- Development of Gatka.
- Knowledge of rules and regulations & their interpretation (According to rule book of GFI).
- Principles of Gatka play.
- Basic Terminologies.
- Equipments & weapons used in Gatka (According to rule book of GFI).
- Uniform and sports kit of Gatka player.
- Stick fighting & sword skills.
- Different types of Gatka , fights/bouts, precaution & care.
- Various types of Pentras.
- Single soti (combat), soti-farri , free style.

Theory Paper II
Physiological Aspects of Gatka

Time: 3 Hrs.

M. Marks: 100
Internal assessment: 20
Theory: 48
Practical: 32

Instructions for the Paper Setters:

Note: Candidates have to attempt 8 Questions out of 12. Each question carries 6 marks.

- Personal Hygiene i.e. care of Eye, Ear, Nose, Skin & Mouth.
- Gender difference & age groups classification of Gatka competition (open groups & school level both M/F).
- Joints: types, location and movements.
- Posture and Postural Deformities i.e. Kyphosis, Lordosis, Scoliosis & Flat Foot.
- Diet, Balance diet and its components.
- First aid & its need/ first aid box/kit.
- Techniques of first aid.
- Sports injuries and its types.
- Causes & Prevention of sports injuries i.e. Sprain, Strain, Fracture & Dislocation.

PRACTICAL I

Max. Marks: 50

Practical: 40

Internal assessment: 10

General rules & regulations of Gatka.

Demonstration: Paintra.

Demonstration: All attack (war), basic step, 4 step, 6 war, 10 war.

Weapon Demonstration.

Play ground specification of Gatka: measurement & marketing.

Foot work (auqrweI, cVHweI) Attack with front step, defense with back step.

Uses of equipments & knowledge of equipments.

Number of Officials and Duties.

Strength exercise & flexibility of Gatka.

Marrora, double stick marrora, chungi escape, dance of sword.

SEMESTER-II
Theory Paper III
Organization and Administration of Gatka

Time: 3 Hrs.

Max. Marks: 100
Theory: 80
Internal assessment: 20

Instructions for the Paper Setters:

Note: Candidates have to attempt 8 Questions out of 12. Each question carries 10 marks.

- Playground specifications of Gatka.
- Training & stages of development, training implementation, competition system.
- Organizational structure of Management in Gatka.
- Governing bodies of Gatka in India & Abroad.
- Competitive categorization in Gatka
- Weapon demonstration & its rules
- Training, Techniques & Tactics of Gatka play
- Simple Pentra, 4 step basic, 4 hit waar, 6 hit waar, Maroaara, Double stick maroaara, chungu escape, Dance of the sword, 10 hit waar (attack), attack with front step (cVHweI), Defense with back step (auqrweI)

SEMESTER-II
Theory Paper IV
General Methods of Training

Time: 3 Hrs.

Max. Marks: 100
Theory: 48
Practical: 32
Internal assessment: 20

Instructions for the Paper Setters:

Note: Candidates have to attempt 8 Questions out of 12. Each question carries 6 marks.

- Principles of sports training
- Training sessions, long term training short term training.
- Nature and definition of Training.
- Aims and objectives of Training.
- Training load and recovery.
- Warm up & cool down.
- Over load: Symptoms, causes & remedies.
- Components of Physical Fitness i.e. Flexibility, Speed, Strength, Endurance & Agility.
- Psychology of sports.
- Stress and anxiety.
- Personality traits & sports performance.
- Motivation and goal setting.

Practical II
Project work

Max. Marks: 50
Practical: 40
Internal assessment: 10

Suggested Readings for all papers:

- Dr. Hardy, "Science of Sports Training".
- K.S. Akali, "The Art of Gatka fighting".
- Cox, "Sports Psychology".
- Dr. G.S. Kang & Dr. Kanwaljit Singh, "Khed Chikitsa".
- Inderbir Singh, "Textbook of Anatomy".
- Gerard J. Tortora, "Principle of Human Anatomy".
- "Gatka Niyamawali, "Publication Beuro, Punjabi University, Patiala.
- M Duszynski, "Kinesiology/ Exercise and sports science".
- Romesh Rai, "Kinesiology and Biomechanics".
- Melinda Flegel, "Sports First Aid- 4th Edition".

(Daljeet Singh)