

(Abstract)

Certificate Programme in Swimming under the School of Physical Education and Sports Sciences, Mangattuparamba Campus-Modified Question Paper Pattern - Implemented w.e.f 2022 admission-Orders issued.

ACADEMIC C SECTION

Acad/C4/4836/2011 (II)

Dated: 29.08.2023

Read:-1.U.O.No.Acad/C4/4836/2011 (I) Dated: 16.08.2022

2.E mail from HoD, SPE&SS dated 23.05.2023 forwarding modified question paper pattern of Certificate Programme in Yoga.

ORDER

1.The modified Regulation, Scheme, Syllabus and Pattern of Question Paper for Certificate Programme in Swimming under the School of Physical Education and Sports Sciences, Mangattuparamba Campus were implemented with effect from 2022 admission as per paper read (1) above.

2.As per the Scheme of Certificate Programme in Swimming mark distribution for the End Semester Examination is out of 60 whereas as per the question paper pattern mark distribution for End Semester Examination is out of 40.

3.The HoD, SPE & SS Vide paper read (2) above, submitted the corrected question paper pattern by changing mark distribution for End Semester Examination from out of 40 to 60 and duration of examination from two hours to three hours according to the approved syllabus of the Programme.

4.The Vice Chancellor, after considering the matter in detail, and in exercise of the powers of the Academic Council conferred under section 11(I) of KU Act 1996 **accorded sanction to implement modified question paper pattern by changing total mark for End Semester Examination from 40 to 60 and duration of Examination from 2 Hours to 3 Hours for Certificate Programme in Swimming under the School of Physical Education and Sports Sciences, Mangattuparamba Campus, w.e.f 2022 admission,**

5.Modified Question Paper Pattern of Certificate Programme in Swimming w.e.f 2022 admission under the School of Physical Education and Sports Sciences is appended and uploaded in the University website. (www.kannuruniversity.ac.in)

6. The U.O read(1) above, stands modified to this extent.

7. Orders are issued accordingly

Sd/-

Narayanadas K
DEPUTY REGISTRAR (ACAD)
For REGISTRAR

To: The Head, school of Physical Education & Sports sciences, Mangattuparamba Campus

Copy To: 1, The Examination Branch (through PA to CE).

2. PS to VC / PAto PVC / PAto R

3. web Manager(for uploading on the Website)

4. Computer Programmer

5. SF / DF / FC

Forwarded / By Order



SECTION OFFICER



CERTIFICATE IN SWIMMING SYLLABUS
(Effective from Academic Year 2022-23)

KANNUR UNIVERSITY



SCHOOL OF PHYSICAL EDUCATION AND SPORTS SCIENCES

CERTIFICATE PROGRAMME IN SWIMMING

Syllabus

(Effective from 2022 Admission)

CERTIFICATE IN SWIMMING SYLLABUS
(Effective from Academic Year 2022-23)

I. REGULATION, SCHEME OF EXAMINATION AND SYLLABUS FOR CERTIFICATE COURSE IN SWIMMING TRAINING

1. Name of the Course: Certificate Course in Swimming Training

2. Aims and Objectives of the Course

- To teach the students the basic skills for becoming a good swimmer.
- To study the principles of training related to swimming
- To understand the basic structure and function of human body.
- To study the kinesiology aspects of Exercise.
- To use swimming for health and fitness.

3. Nature of the Course: The course shall be full time regular and co-educational.

4. Duration of the Course: The duration of the course shall be three months with 60 working days.

5. Eligibility for Admission

- Candidates for admission to the Certificate Course in Swimming Training shall have passed HSC/+2/VHSC/10+3 Diploma or any other higher examinations recognized by the Kannur University.
- Should be below 40 years as on the date of notification of the course. Age relaxation as per University Rules in the case of deserving candidates be given for maximum 5 years.
- Should know swimming and should pass general swimming fitness test.
- Should be physically and mentally fit to undergo swimming training
- Reservation of seats shall be as per rules framed by the Government/University from time to time.

CERTIFICATE IN SWIMMING SYLLABUS (Effective from Academic Year 2022-23)

7. Selection Criteria

The course shall have 20 (Twenty) seats in a batch. The selection of candidates for admission to the course shall be based on the merit determined by the following criteria:

SI No	Criteria	Marks
1	Entrance examination*	40 Marks
2	Sports Proficiency (Swimming)	20 Marks
2	Physical Fitness test	25 Marks
3	Marks of the qualifying examination	25 Marks
	Total Marks	100 Marks

* Entrance examination shall be multiple choice questions based on the knowledge of Structure and functions of the body, General English of HSC/+2 syllabus and General Knowledge. Candidates should score at least 40% marks in the selection tests to place in the rank list.

8. Medium of Instruction and Examination

The medium of Instruction and Examination of the course shall be English.

9. Scheme of Examination

Course Code	Course Content	Marks		
		CE	EE	Total
CERTCSTC01	Principles and Methods of Swimming Training	40	60	100
CERTCSTC02	Human Anatomy Physiology and Kinesiology	40	60	100
CERTCSTC03	Swimming Practical	40	60	100
	Total	120	180	300

The evaluation of a course consists of two parts: Continuous Evaluation (CE) and External Evaluation (EE). The total marks allotted for the theory papers and Practical shall be 100, with 40 % marks for Internal Evaluation and 60% marks for the External Evaluation

13. Conduct of Theory Evaluation:

All examinations will be conducted by the Head of the Department. To conduct the theory examination, the Head of the department shall submit a confidential panel of

CERTIFICATE IN SWIMMING SYLLABUS (Effective from Academic Year 2022-23)

examiners not less than ten experts from the outside and inside the Kannur University duly approved the department council for the approval of vice chancellor.

All the faculty in charge of the course shall prepare and submit three (3) unique set of question papers for their course in theory paper will in advanced to the Head of the Department for the conduct of theory examination to the respective batch. The head of the department shall conduct scrutiny meeting of the above question paper submitted by the concerned faculty by inviting at least two external experts from the list approved by the vice-chancellor.

11. Evaluation and Assessment Rubrics Theory and Practical's

Continuous Evaluation for theory and practical shall be on the basis of the internal examinations, assignments, seminars and attendance. The valuation shall be conducted by the concerned teacher. The students shall also maintain a record book which should be submitted at the time of the final examinations.

The Examinations in theory and practical shall be conducted by the department after the completion of the required theory and practical classes of the course. The duration of Department Examination for each theory paper shall be for 2 hours. External Examination of Practical's shall be conducted by the department with one external examiner. There shall be no provision for revaluation. There shall be no supplementary examinations. For reappearance / improvement, the students can appear along with the next batch. There shall be no improvement chance for internal evaluation

Internal Evaluation of Theory Papers	
Classroom tests (40%) Best out of two tests	Marks: 16
Tutorial with viva, discussions, debate, seminar presentations (40%)	Marks: 16
Assignments (20%)	Marks: 8
Total	Marks: 40
Internal Evaluation of Practical	
Skill Proficiency	Marks: 16
Record File/Project Report	Marks: 12
Officiating	Marks:12
Viva	-
Total	Marks: 40

13.1 Pattern of Question Papers and Evaluation Criteria

Patter of questions: questions shall be set to asses knowledge acquired standard application of knowledge, application knowledge in new situation, critical evaluation of knowledge and the ability synthesize knowledge. The duration of examination is three

CERTIFICATE IN SWIMMING SYLLABUS

(Effective from Academic Year 2022-23)

(3) hours only. Question paper for end semester theory examination shall consists of two parts.

Part A

(Short essay type)

Answer all Questions

Each question carries five marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

(8 x 5= 40 Marks)

Part B

(Essay type)

Answer any two questions.

Each question carries 10 Marks

- 9.
- 10.
- 11.

(2 X 10 = 20 Marks)

14. Conversion of Marks into percentage

An alphabetical Grading System shall be adopted for the assessment of a student's performance in a Course. The grade is based on a 6 point scale. The following table gives the range of marks % and alphabetical grade.

Range of Marks%	Grade Points	Alphabetical Grade
90-100	9	A+
80-89	8	A
70-79	7	B+

CERTIFICATE IN SWIMMING SYLLABUS
(Effective from Academic Year 2022-23)

60-69	6	B
50-59	5	C
Below 50	0	F

15. Grade Point Average (GPA)

Performance of a student at the end of each Semester is indicated by the Grade Point Average (GPA) and is calculated by taking the weighted average of grade points of the Courses successfully completed. Following formula is used for the calculation. The average will be rounded off to two decimal places.

$$CGPA = \frac{\text{Sum of (grade points in a course multiplied by its credit)}}{\text{Sum of Credits of Courses}}$$

CGPA Calculation

At the end of the Programme, the overall performance of a student is indicated by the Cumulative Grade Point Average (CGPA) and is calculated using the same formula given above. Empirical formula for calculating the percentage of marks will be **(CGPA x 10)+5**. Based on the CGPA overall letter grade of the student and classification shall be in the following way.

CGPA	Overall Letter Grade	Classification
8.5 and above	A+	First Class with Distinction
7.5 and above but less than 8.5	A	
6.5 and above but less than 7.5	B+	First Class
5.5 and above but less than 6.5	B	
5 and above but less than 5.5	C	Second Class

Appearance for Continuous Evaluation (CE) and End Semester Evaluation (ESE) are compulsory and no Grade shall be awarded to a candidate if he/she is absent for CE/ESE or both. A student who fails to complete the programme/semester can repeat the full programme/ semester once, if the department council permits to do so

CERTIFICATE IN SWIMMING SYLLABUS
(Effective from Academic Year 2022-23)

15. Grade Card

The control of examination, Kannur University is the authority to issue the semester wise grade card and consolidated grade statement and certificate on completion of the program based on the authenticated documents submitted by the Head of the Department after the approval of the department council on end of each semester.

Supplementary examination for failed Candidates

1. Candidate who have failed (F) grade in the semester examination can appear of the failed paper for the particular semester along with the regular students. However, the continues evaluation marks shall remine the same. Two sets of supplementary chances will be given for each semester with two years
2. Appearance for continues evaluation end semester evaluation are compulsory and no grade shall be awarded to a candidate if he or she is absent for CE/ESE or both. A student who fails to complete a program/ semester can repite full program/ semester ones, if the department council permit so.
3. There shall be no provision for improvement of CE/ESE

16. Promotion and Pass:

Students who secure not less than 50% marks in aggregate and separately in internal and external assessments in each of the theory papers and in practical shall be declared to have passed the Certificate course in Swimming Training Examination.

17. Department Council

1. Chairman: the Head of the Department of school physical education and sport sciences.
2. Members: (I) All the faulty members of school physical education and sport sciences. (II) all the faulty members who engages classes for the course

Details financial assistance required for the conduct of session by the academic experts

SI No	Description	Amount	Remarks
1	Remuneration to/ TA/DA foe experts	Rs.50000.00	(Per Session Rs.4000/-)
2	Expense for conducting all semester examinations	Rs.50000.00	

CERTIFICATE IN SWIMMING SYLLABUS
(Effective from Academic Year 2022-23)

Total	Rs.100000.00
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NB: Economic class flight fare is eligible for the experts coming from other state/ country with the prior approval from Vice-Chancellor of the Kannur University.

18. Grievance Redressal Mechanism

Committees will be constituted at the Department and University levels to investigate the written complaints regarding continuous Evaluation (CE). Department Level Committee (DLC) will consist of the Department Council and student nominee of the department students union from the concerned faculty.

University level committee (ULC) will consist of the pro-vice-chancellor (Chairman and convener), the convener of the curriculum committee (vice-chairman), the head of the department concerned and a nominee of students union. Department level committee will be decided over by the head of the department and university level committee by the pro-vice-chancellor. Department level committee will have initial jurisdiction or complaints against CE and University level committee will hear appeals against department level decision. Complaints will have to be submitted to the department concerned within two weeks of publication of result of CE and disposed of within two weeks of receipts of complaints. Appeals to university level committee should be made within one month of the decision taken by the department level committee and disposed within two month of receipt of the complaint.

Complaints unsolved by university level grievance committee will be placed before the vice chancellor.

15. PROGRAMME STRUCTURE

Certificate Course in Swimming (Three Months) Programme Structure

Distribution of Credit, Hours and Marks:

Total Credit: 12

Theory Credits: 07 Practicum Credits: 05

Course Code	Course Content	Credit			Teaching Hours			Marks		
		L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
CERTCSTC01	Principles and Methods of	3	1	4	48	32	80	40	60	100

CERTIFICATE IN SWIMMING SYLLABUS
(Effective from Academic Year 2022-23)

	Swimming Training									
CERTCSTC02	Human Anatomy, Physiology and Kinesiology	3	1	4	48	32	80	40	60	100
CERTCSTC03	Swimming Practical - 1	1	3	4	16	96	112	40	60	100
	Total Marks	7	5	12	112	160	272	120	180	300

16. CURRICULUM OUTLINE AND DETAILED SYLLABUS FOR COURSE IN SWIMMING (THREE MONTHS) PROGRAMME

CERTCSTC01- PRINCIPLES AND METHODS OF SWIMMING TRAINING

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
3	1	4	48	32	80	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

COURSE CONTENTS

Unit-1: Introduction

- Swimming-Meaning and definition
- History of swimming
- Basic swimming skills –submerging, jumping, floating, locomotion & breathing
- Benefits of swimming and class management
- National and International Bodies controlling Swimming and their affiliated units (FINA, SFI etc.)

Unit II Basic Rules and Measurements

- Swimming pool measurement & rules and regulations of pools arena
- Safety and Sanitation of swimming pools (Chemicals required for maintenance)
- Maintenance of swimming Pool,
- Pool water tests

Unit-III: Techniques and Teaching of Different Strokes

- Body position, arm action, leg action, breathing and coordination of Free Style
- Body position, arm action, leg action, breathing and coordination of Back Stroke
- Body position, arm action, leg action, breathing and coordination of Butterfly

CERTIFICATE IN SWIMMING SYLLABUS
(Effective from Academic Year 2022-23)

- Body position, arm action, leg action, breathing and coordination of breast Stroke
- Grab Start- Track Start- Back Stroke Start
- Free Turns - Open Turns

Unit IV: Techniques/Skills Development (Technical Aspects of Coaching)

- Qualities of good coach.
- Training for mastery in technique/skill.
- Identification & Correction of faults.
- Warm-up and cool down for swimmers

Unit V: Training

- Development of motor abilities
- Basic Concept of preparation of training schedules.
- Coaching lessons of various skill/ technique
- Evaluation of swimmers' performance

Unit-VI: Survival and Life Saving Technique of Swimming

- Meaning and definition of First Aid
- The PRICE principles of first aid -
- The ABC and steps involved in Cardiopulmonary Resuscitation (CPR)
- Life Saving - Indirect method- By reaching pole, By live saving rings, By rope,
- By life jacket - Direct method - Jumps, Approach, Hold, Artificial Resuscitation
- Common injuries, treatment and rehab in swimming
- Treatment for drowning, fracture, sprain and strain at swimming pool.

Unit VII: Diet, Nutrition and Recreation

- Basics of Nutrition: Macro Nutrient, Micro Nutrient
- Sources and functions of Nutrients
- Balance diet- Calories & diet
- Exercise & diet
- Relationship between diet and swimming performance.
- Active recreation in swimming Pools.

Unit -VIII: Officiating

- Swimming rules and regulations (FINA)

CERTIFICATE IN SWIMMING SYLLABUS (Effective from Academic Year 2022-23)

- Mechanics of officiating.
- Qualities of good official.
- Swimming competitions

TEACHING LEARNING STRATEGIES

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

MODE OF TRANSACTION

- Lecture/Work in the Pool/ Viva/ learning by doing/ Individual Practice etc.

ASSESSMENT RUBRICS

Theory External Exam	Marks: 60
Classroom Test, Assignments, Presentations /Practical	Marks: 40
• Classroom tests (Best out of two tests)	Marks: 16
• Tutorial with viva, discussions, debate, seminar presentations	Marks: 16
• Assignments	Marks: 8
Total Marks	Marks: 100

SUGGESTED READINGS

1. Swimming. Human Kinetics Publishers, Inc Box5076, Champaign, IL 61820.
2. Maglischo, E.W.(1999): Swimming Fastest Mansfield Publishing Company, Polo Alto, California
3. Counsilman J.E.(1977): The Complete book of Swimming. M.C.Cleff and Stewart Ltd.
4. Counsilman, J.E.(1978): Competitive Swimming Manual for Coaches and Swimmers. Pelham Books Ltd., 27 Wrights Lane, London W-8-572.
5. Counsilman, J.E. and Counsilman, J.E.(1994): the new Science of Swimming Practice Hall, Englewood Cliffs, N.S. 07632.
6. Colwin C.H.(1992): Swimming into 21st Century. Leisure Press, Champaign, Illinois. 91825.,
7. Gallagher, H.(1970): Harry Gallagher on Swimming. Pelham Book Ltd. 52

- Bedford Square London, W.C.1.
8. Gahridson M.A. (1987): Swimming Pools. A guide to their planning, design and operation. Human Kinetics Publishers Inc. Box 5076, Champaign, IL 61820.
 9. Hogg, J.(1977). Success in Swimming. John Murray Publishers, 50Athemonde Street, London W1 4BD.
 10. Hollander, A.P.; Huijing P.A. and Groot G.D.(1983): Biomechanics and Medicine in Jarvis, M.A. Your book of Survival Swimming and Life Saving. Faber and Faber, 24 Russell Square, London.
 11. Larrabnee, I.G.(1987): Coaching Swimming effectively. Human Kinetics Publishers, Inc Box 5076, Champaign, IL 61820. .
 12. McElroy G.K.(1985): Swimming and Life Saving. The Royal Life Saving Society Australia, 1982 (Reprint).
 13. Practical guide to First Aid Dr. Pippa Keech MBChB MRCP, published by Lorens Books, 2003
 14. 'First Aid the Vital Link' The Canadian Red Cross Society, Mosby Lifetime 1994
 15. Clark N (1997) Nancy Clark's Sports Nutrition Guidebook. Second Edition. Human Kinetics, Champaign Illinois.
 16. Sharad Chand Mishra. Dr. (2005) Concepts & issues in sports Nutrition

CERTIFICATE IN SWIMMING SYLLABUS
(Effective from Academic Year 2022-23)

THEORY PAPER II

CERTCSTC02 - HUMAN ANATOMY PHYSIOLOGY AND KINESIOLOGY

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
3	1	4	48	32	80	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

COURSE CONTENTS

Unit I: Introduction

- Meaning of Anatomy and Physiology
- Structure & Functions of cell
- Tissues- Types of Tissues -Structure and functions of tissue
- Gross Anatomy of skeleton, Axial Skeleton, Appendicular Skeleton, Naming of bones Articulations, Classification of Joints

Unit-II: Different Systems of the Human Body

- Muscular System – Histology, Functional Characteristics of Muscles, Gross Anatomy of Skeletal Muscles, Types of Muscle Contraction.
- Excretory system- Structure of kidney and Skin.
- Cardio-Vascular System- Structure, Cardiac Cycle, Blood Pressure, Circulation
- Respiratory System – Anatomy, Ventilation and Lung Volumes, Pulmonary Volumes and Capacity

Unit-III: Integration and Control System

- Central Nervous System – Brain, Spinal Cord, Autonomic Nervous System – Structure and Functions
- Functional Organization of the Endocrine System and Digestive System

CERTIFICATE IN SWIMMING SYLLABUS (Effective from Academic Year 2022-23)

- Nervous System - Structure and functions of Neuron - Central nervous system - Peripheral nervous system- Autonomic nervous System

Unit V: Kinesiology

- Kinesiology, Meaning and definition– Importance of Kinesiology –
- Fundamental concepts: Anatomical position, Body Cavities-, Axis, Planes and Directional terms –
- Fundamental movements- Major muscles of the upper body and lower body and their functions –
- Muscle Movement Classification –Agonist, Antagonist, Target, Synergist, Stabilizer, _
- Types of muscle contraction – Isotonic contraction- Concentric and Eccentric, Isometric (Static)- Posture and Movement analysis.

TEACHING LEARNING STRATEGIES:

- The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

MODE OF TRANSACTION

- Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

Theory External Exam	Marks: 60
Classroom Test, Assignments, Presentations /Practical	Marks: 40
• Classroom tests (Best out of two tests)	Marks: 16
• Tutorial with viva, discussions, debate, seminar presentations	Marks: 16
• Assignments	Marks: 8
Total Marks	Marks: 100

SUGGESTED READINGS

1. Saladin – Anatomy & Physiology: The Unit Form and Function, Published by

CERTIFICATE IN SWIMMING SYLLABUS

(Effective from Academic Year 2022-23)

- McGraw –Hill New York, 3 Ed, 2004
2. Gerard J. Tortora "Principles of Anatomy & physiology, Published by John Wiley&Sons, Inc, New York, 9th Ed, 2000
 3. William Peter. L. Gray's Anatomy. Edinburgh; Churchill living stone, 1980.
 4. Pearce Evelyn C. Anatomy and Physiology for Nurses, Oxford University press, Kolkatta, 1978.
 5. Thimpson, Elern. W. and R.T. Floyd; Manual of structural Kinesiology, St,Louis Morby 1994.
 6. Hamilton, Nancy, Kinesiology, Boston , McGraw Hill, 2002
 7. Crouch James E. – Essential Human Anatomy A Text – Lea & Febriger , Philladelphia, 1980.
 8. Hay, James G & Reid J.G. – Anatomical and Mechanical Basis of Human Motion,Prentice hall, New Jersey, 1985.
 9. Jenson C.R. & Schultzer G.W. – Applied Kinesiology and Biomechanics, Mc Grow hill book Co. New York, 1984,
 10. Lock Hurt and others – Anatomy of the human body, Feber & Feber Oxford University, 1975
 11. Pearce Evelyn – Anatomy and Physiology for Nurses, Oxford University, 1975.
 12. Rasch & Bruke – Kinesiology and applied Anatomy, Lea Febriger, Philladelphia,1978.
 13. Rasch, Philip J. – Kinesiology and Applied Anatomy, Lea Febriger, Philladelphia, 1989.

CERTIFICATE IN SWIMMING SYLLABUS
(Effective from Academic Year 2022-23)

PRACTICAL I
CERTCSTC03- SWIMMING PRACTICAL

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	CE	ESE	Total
1	3	4	16	96	112	40	60	100

Lecture/Tutorials, P/I=Practical/Internship, CE =Continuous Evaluation, ESE = End Semester Evaluation

COURSE CONTENTS

Unit I - General exercises for swimming

- General and specific warm up on land and in water
- Limbering down

Unit II - Development of General conditioning abilities.

- Freehand/calisthenics exercises.
- Development of basic endurance in swimming.
- Development of basic strength, speed, flexibility and coordinative abilities required in swimming.

Unit III - personal performance and demonstration ability in swimming strokes

- Free style
- Back stroke
- Breast stroke
- Butterfly
- All starts and Turns

Unit IV -Practice on Life Saving. Teaching Practice:

CERTIFICATE IN SWIMMING SYLLABUS

(Effective from Academic Year 2022-23)

- Indirect Method- Pole, rings, rope, life jacket
- Direct Method- Jumps, Approach, Hold, Artificial Resuscitation
- Steps in Cardio Pulmonary Resuscitation (CPR)

Unit V- Test and Measurement

- Swimming performance ability test- Speed test and Endurance test.
- Cardio respiratory fitness - 12 Min. Run or Walk Test/ Harvard Step Test
- Flexibility- Sit and reach test
- Body composition - BMI/ Skin Fold Caliper

TEACHING LEARNING STRATEGIES

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

MODE OF TRANSACTION

- Lecture/Work in the Pool/ Viva/ learning by doing/ Individual Practice etc.

ASSESSMENT RUBRICS

Total Marks: 100

Component	Continuous Evaluation 40	External Evaluation 60	Total marks 100
Skill Proficiency	(40%) Marks: 16	(40%) Marks: 24	Marks: 40
Record File/ Project Report	(30%) Marks: 12	(20%) Marks: 12	Marks: 24
Officiating	(30%) Marks:12	(20%) Marks: 12	Marks: 24
Viva	-	(20%) Marks: 12	Marks: 12

SUGGESTED READINGS

1. Maglischo, E.W.(1999): Swimming Fastest Mansfield Publishing Company, PoloAlto, California.
2. McElroy G.K.(1985): Swimming and Life Saving. The Royal Life Saving SocietyAustralia, 1982
3. Sweetenham B. and Atkinon J.(2003): Championship Swim Training. Human Kinetics P.O.Box 5076, Champaign IL 618250-5076,800-746-4457.
4. Hogg, J.(1977). Success in Swimming. John Murray Publishers, 50Athemonde Street, London W1 4BD.

CERTIFICATE IN SWIMMING SYLLABUS
(Effective from Academic Year 2022-23)

5. Lewin, G.(1979): Swimming Sport Verlag, Berlin.