

29. INDIAN HERITAGE IN RURAL HANDICRAFTS  
B.A. Part III

Scheme	Max. Marks	Min. Pass Marks
1. Practical Paper I 5 Hrs. Duration	70	25
2. Practical Paper II 5 Hrs. Duration	70	25
3. Submission	60	22
	220	72

**Syllabus**

Paper I practical 5 Hrs. Duration	Max. Marks	Min. Pass Marks
	70	25

- Clay modelling (sculpture)
- Ceramics and pottery

Paper II practical 5 Hrs. Duration	Max. Marks	Min. Pass Marks
	70	25

**Wood work**

- Fabrication of toys, sculptures
- Furniture

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120.

Submission work : Max. Marks 60 Min. Pass Marks 22

Note (1) : Submission work will be submitted to the head of the departments of Rural Handicrafts of the college 15 days before the commencements of examination. The marks in the submission will be Awarded by the subject teacher (Internal). However the external examiner shall be empowered to review the work of submission in case there is drastic difference between the marks of the examination and submission.

**B.A. Part-III**

**Paper-I Scientific Principles of Sports Training & Coaching**  
Duration : 3 Hrs. Total Periods : 104 Max. Marks:100

Note: The paper will contain ten questions having atleast two questions from each Unit. Candidates are required to attempt five questions in all taking atleast one question from each unit.

**Unit-I**

- I. Sports Training**
- (a) Definition of the terms.
    - (i) Conditioning
    - (ii) Training
    - (iii) Coaching
  - (b) Definition, aim and characteristics of Sports Training.
  - (c) Principles of Sports Training.


**II. Training and Load**

- (a) Important features of training load.
  - (i) Intensity
  - (ii) Density
  - (iii) Duration
  - (iv) Frequency.
- (b) Principles of Training load
- (c) Over load
  - (i) Causes
  - (ii) Symptoms

**Unit 2**

**Motor Components**

- (i) Strength
  - (a) Types of strength
  - (b) Characteristics of Strength
  - (c) Factors determining Strength

  
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