

**St. Mira's College for Girls, Pune**  
**(Autonomous, Affiliated to Savitribai Phule Pune University)**  
**Department of Physical Education**

**Course Name:** Adventurous Sports/ Activity

<b>Subject Code:</b> MCR/AS(18)032	<b>Number of Credits:</b> 2	<b>Lectures:</b> 30
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**Course Outcomes:**

At the end of this course, the learner will be able to:


- Develop the physical and mental fitness and wholesome development among learners.
- Develops the qualities like cooperaton, helpfulness, adjustment, sympathy, group cohesion, unity, sincerity, patience among learners.
- Enchance once capacity to deal odd situations with courage and determination.
- Develops self confidence and encorage creativity among learners.
- Identify opportunities for leisure time activities and life time adventure sports among learners.


**Unit 1- Theory**


1. Introduction of Adventure Activities
2. Introduction of different Type of Activities
3. Equipment's or Material Required for different Activities
4. Safety Measures and diet for different Type of Adventure Activities .
5. Identification and Use of Natural Resources
6. Highest Peaks of World, Asia, India, and Maharashtra.
7. Forts of Maharashtra.

**Unit 2- Practical**

- A. Two Treks of Full Day (Sinhagad Fort and Rajgad Fort)
- B. Artificial Wall Climbing Activity

  
Ekta Jadhav  
Course Coordinator

  
Dr. Shalini Iyer  
Credit Course Incharge

  
Dr. Jaya Rajagopalan  
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