

MAHATMA GANDHI UNIVERSITY KOTTAYAM
 MGU- UGP(HONOURS)
 FIRST SEMESTER PRACTICAL EXAMINATION
 (2024ADMISSION ONWARDS)
 BSM (SEM 1)

MG1DSCSMG102: TECHNIQUES, FUNDAMENTALS AND SPOTTING

Total Marks: 35

SL.No	MODE ASSESSMENT	MARKS	DESCRIPTION	CO
1	VIVA	10	About the skill of each technique, spotting, its advantage and limitations	1,3,5
2	DEMONSTARATION	25	<ul style="list-style-type: none"> • Barbell Bench Press – Spotting Technique • Dumbbell Incline Bench Press – Spotting Technique • Barbell Standing Behind the Neck Shoulder Press – Spotting Technique • Barbell Back Squat – Spotting Technique with One Spotter • Barbell Back Squat – Spotting Technique with Three Spotters • Barbell Rack Clean (Rack Shrug OR Rack Jump) • Barbell Hang Clean (Hang Shrug OR Hang Jump) • Barbell high pull • Pull-Ups • Standing Low Row • Lat Pulldown 	1,2,4

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MG1DSCSMG101: INTRODUCTION TO STRENGTH AND CONDITIONING

Total Marks: 35

SL.No	MODE ASSESSMENT	MARKS	DESCRIPTION	CO
1	VIVA	10	About muscle, BMI, Skinfold measurement, Fitness parameters and its tests	2
2	DEMONSTARATION	25	<ul style="list-style-type: none"> • Muscular Imbalance Assessment • Corrective exercises for muscular imbalance and injury prevention • Body Composition assessment; • Height, Weight, BMI Calculation, Skinfold Measurements – biceps, triceps, abdomen, suprailiac region • Performance Assessment for Endurance, Strength, Speed, Agility, Flexibility, Balance and Coordination. (field test administration) 	3,5,6