



सावित्रीबाई फुले पुणे विद्यापीठ

गणेशखिंड, पुणे - ४११००७

Savitribai Phule Pune University

Ganeshkhind, Pune - 411007



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Academic Section (Approval Cell)

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परिपत्रक क्र. १०९/२०२३

विषय :- आंतरविद्याशाखीय अभ्यास विद्याशाखेअंतर्गत Foundation Course in Trek Leadership & Management (FCTLM) हा प्रमाणपत्र अभ्यासक्रम प्रस्थापित करण्यास व अभ्यासक्रमास मान्यतेबाबत.

विद्यापीठ अधिकार मंडळाने घेतलेल्या निर्णयानुसार सर्व संबंधितांस या परिपत्रकाद्वारे कळविण्यात येते की, आंतरविद्याशाखीय अभ्यास विद्याशाखेअंतर्गत क्रीडा व शारीरिक शिक्षणशास्त्र विभाग, प्रस्तुत विद्यापीठ येथे Foundation Course in Trek Leadership & Management (FCTLM) हा तीन महिन्यांचा नवीन प्रमाणपत्र अभ्यासक्रम नव्याने प्रस्थापित करण्यास व अभ्यासक्रमास शैक्षणिक वर्ष २०२३-२४ पासून मान्यता देण्यात येत आहे.

मा. विभागप्रमुख, क्रीडा व शारीरिक शिक्षणशास्त्र विभाग, प्रस्तुत विद्यापीठ यांना विनंती की, सदर परिपत्रकाचा आशय सर्व संबंधितांच्या निदर्शनास आणून द्यावा.


(डॉ. मुंजाजी रासवे)
उपकुलसचिव

गणेशखिंड, पुणे ७.)
जा.क्र. सीबी आय/ ५०९)
दिनांक : १३/०९/२०२३)

प्रत माहितीसाठी:-

१. मा. कुलसचिव, प्रस्तुत विद्यापीठ
२. मा. अधिष्ठाता, आंतरविद्याशाखीय अभ्यास विद्याशाखा, प्रस्तुत विद्यापीठ.
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मा. व्यवस्थापन परिषद ठराव क्र. म : १५०/१८०५२३

मा. विद्यापरिषद ठराव क्र. ब/१२, १६ मार्च, २०२३



Savitribai Phule Pune University

(formerly University of Pune)

Department of Sports & Physical Education

Under the

Faculty of Inter-disciplinary Studies

Syllabus for

Foundation Course in Trek Leadership and Management (F. C. T. L. M.)

Credit System

(Academic Year 2023 – 2024)

FOUNDATION COURSE IN TREK LEADERSHIP AND MANAGEMENT

OBJECTIVES: -

- To impart the education and the skills of organizing, leading and managing one day or multi-day trek/s to mountainous terrain like Sahyadri mountains or any other hilly region in low altitudes.
- To spread the awareness about the conservation of environment by implementing methodologies of ecologically sustainable trekking and adventure activities.
- To develop the ecosystem for safe Adventure Experience for all sectors of society by way of empowering the aspiring Adventure Enthusiasts to become self-sufficient, responsible and capable Trek leaders.
- To create potentially employable resources in Maharashtra, India, and abroad in the adventure sector.
- To enable the students to get the subject knowledge and understand the application of the same to further teaching the contents.
- To make students accustomed to the trekking in Maharashtra and other parts of India and world.

DURATION: -

The duration of the course shall be of Three months (180 hours). Each working Day shall consist of Three hours of theory and practical work.

ELIGIBILITY FOR ADMISSION: -

- ❖ Minimum XII Std. or equivalent examination passed from Govt. Board
- ❖ **Age Limit:** - 18 to 55 Years (Both inclusive)
- ❖ **Intake Capacity:** - 40 Students
- ❖ **Fitness Eligibility:** - Average fitness with no limitations for physical activities and exercises.
- ❖ **Medical Test:** - Candidates should be medically fit and sound provided other conditions of admissions are fulfilled.

COURSE FEE: -

Category		Fees to be paid
A	Indian Nationals	Rs.40,000/- (Rupees Fourty Thousand only)
B	International Candidates	Rs. 1,20,000/- (Rupees One Lakh Twenty Thousand Only)

MEDIUM OF INSTRUCTION AND EXAMINATION: -

Medium of instruction will be in Marathi and /or English and question papers shall be set in Marathi and English.

ELIGIBILITY FOR APPEARING AT FOUNDATION COURSE IN TREK LEADERSHIP AND MANAGEMENT EXAMINATION: -

Student should have at least 75% Attendance during the Course. He / She should complete all the practical and other related work expected in all parts of the syllabus. A student who misses more than 25% of the scheduled classes will not be allowed to appear for the exam.

GENERAL INSTRUCTIONS: -

- The **Foundation Course in Trek Leadership and Management (F. C. T. L. M.)** consists of **12 credits**.
- One credit will be equivalent to 15 clock hours of student-teacher contact.
- Details of the theoretical and practical components are given in the structure of the program.
- Internal evaluation will follow Continuous Comprehensive Evaluation procedures. Internal evaluation should be done on every credit of each course or minimum two per course as decided by the teacher concerned.

RULES & REGULATIONS: -

The **Foundation Course in Trek Leadership and Management (F. C. T. L. M.)** will be awarded to a student who completes a total of 12 credits.

Each course will have

- 50 % of marks for Final Examination
- 50 % marks for Internal Assessment

Each core unit will have an Internal (continues) assessment of 50 % of marks and a teacher may select a minimum of two of the following procedures:

- Written Test
- Lecture / Library Notes
- Seminar Presentation
- Short Quizzes
- Assignments
- Field Work
- To pass a student shall have to get minimum aggregate 30% marks in each head of passing (i.e. internal assessment and final examination) and minimum aggregate 40% marks in each course.

- Internal assessment answer book may be shown to the students concerned but not the final examination answer scripts.
- While marks will be given for all examinations, they will be converted into grades. The final grade sheets and transcripts will have only grades and grade-points average.
- To pass a student shall have to get minimum aggregate 40% marks (E and above on grade point scale) in each course.
- The system of evaluation will be as follows: Each assignment/ test will be evaluated in terms of marks. The marks for separate assignment and the final examination will be added together and converted into a grade and later grade point average. Results will be declared after the final examination which will give grades, grade point average and the Final Grade.

EVALUATION SCALE FOR INDIVIDUAL SUBJECT: -

<u>Percent</u>		<u>Grade</u>	<u>Grade Points</u>
80 to 100	O :	Outstanding	10
70 to 79	A+ :	Excellent	09
60 to 69	A :	Very Good	08
55 to 59	B+ :	Good	07
50 to 54	B :	Above Average	06
45 to 49	C :	Average	05
40 to 44	P :	Pass	04
00 to 39	F :	Fail	00
--	Ab :	Absent	00

The formula for conversion of Grade point average (GPA) into the final grade

09.00	-	10.00	-	O
08.50	-	08.99	-	A+
07.50	-	08.49	-	A
06.50	-	07.49	-	B+
05.50	-	06.49	-	B
04.25	-	05.49	-	C
04.00	-	04.24	-	P
00.00	-	03..99	-	F

$$\text{CGPA} = \frac{\sum (\text{Grade Points} \times \text{Credits})}{\sum (\text{Earned Credits})}$$

STRUCTURE OF THE COURSE: -

Part	Subject Code	Subject Name	Hours	Credits
I Theory	TLM-1	Basics of Trekking and Hiking - I	30	02
	TLM-2	Introduction to Safety Systems and Procedures - I	30	02
	TLM-3	Leadership and management soft skills for an efficient trek leader - I	30	02
	Total Part-I		90	06
II Practical	TLM-4	Basics of Trekking and Hiking - II	30	02
	TLM-5	Introduction to Safety Systems and Procedures - II	30	02
	TLM-6	Leadership and management soft skills for an efficient trek leader - II	30	02
	Total Part-II		90	06
Total Course			180	12

SYLLABUS

TLM - 1

Basics of Trekking and Hiking - I

Credit	Topics	Content
1	Introduction to Sahyadri Mountains	<ul style="list-style-type: none">• Evolution of Sahyadri• Formation of Basalt Rock• Forts - Historical Perspective• Sculptural splendor of Sahyadri
	Sahyadri Biodiversity	<ul style="list-style-type: none">• Flora & Fauna in the Sahyadri mountains• Rivers, dams• Cultural diversity in Sahyadri
	Trekking and Adventure Terminology	<ul style="list-style-type: none">• Identify & understand specific terminologies and definitions related to Trekking and Hiking.
2	History of Trekking, Hiking and Adventure Sports in Maharashtra and India	<ul style="list-style-type: none">• Introduction to the History of trekking and Hiking in Sahyadri ranges• Introduction to ancient trek routes in Sahyadri ranges• Introduction to trekking in various seasons and its characteristics.
	Trekking and Hiking Activity at Global Level	<ul style="list-style-type: none">• Other Mountain ranges of world• Introduction to Trekking in other mountains• Introduction to Trekking in Himalayas
	Introduction to Other Adventure Activities	<ul style="list-style-type: none">• Outdoor Camping, Backpacking• Rock Climbing, Sport Climbing• Rappelling• Jumaring• Navigation

TLM - 2

Introduction to Safety Systems and Procedures - I

Credit	Topics	Content
1	Introduction to Essential Safety Gears	<ul style="list-style-type: none">• Knots and Safety Gears• Introduction to Anchoring Systems• Safety equipment and regular checking• Subjective and Objective Hazards• Assessment of Hazards
	Introduction to Safety Procedures	<ul style="list-style-type: none">• Standard Operating Procedures for planning Treks in various seasons• Weather forecasting• Essential kit list of a trek leading team and individual leaders
2	Risk Analysis and Safety Measures	<ul style="list-style-type: none">• Hazards in Sahyadri and their management, assessment• Outdoor first Aid• Anchor set up and management• Basics of Rescue techniques and introductory risk management skills such as rope fixing, river crossing, c-z pulley, communication devices usage etc.

TLM - 3

Leadership and management soft skills for an efficient trek leader - I

Credit	Topics	Content
1	Communication	<ul style="list-style-type: none"> • Articulation of thoughts & speech • Effective presentation through experience sharing (articles, ppt, short film blogging/vlogging)
	Effective Planning & Execution	<ul style="list-style-type: none"> • Learn to plan outdoor activity with every details • Reconnaissance of the destination • Logistical challenges during planning • Practical difficulties during execution • Debriefing and report making of the event
	Leave No Trace Principles	<ul style="list-style-type: none"> • Learn 7 important environmental ethics of outdoors
2	Administration and Legal Aspect of Trek Management	<ul style="list-style-type: none"> • Legal aspect, government regulations • Administration of Adventure Activities such as trekking and hiking • International standards of group safety.
	Career Guidance	<ul style="list-style-type: none"> • Career Opportunities in Adventure Sports sector
	Fitness and Nutrition	<ul style="list-style-type: none"> • Basic Fitness of trek leader • Healthy and eco-friendly lifestyle

TLM - 4

Basics of Trekking and Hiking - II

Credit	Topics	Content
1	Introduction to Sahyadri Mountains	<ul style="list-style-type: none">• Understanding the rock structures and geological formations by visiting various sites in Sahyadri.• Exploring the historical importance of forts and ancient trade routes of Sahyadri• Fort Architecture and History.
	Sahyadri Biodiversity	<ul style="list-style-type: none">• Collection of samples of Flora & Fauna in the Sahyadri mountains• Exploring the ecosystem in Sahyadri ranges around the rivers, dams• Exploring the cultural aspect of the Villages in Sahyadri.
	Trekking and Adventure Terminology	<ul style="list-style-type: none">• Exploring various terminologies and definitions related to Trekking and Hiking by visiting various places.
2	History of Trekking, Hiking and Adventure Sports in Maharashtra and India	<ul style="list-style-type: none">• Explore through the various trekking routes• Experiencing the treks in best season of trekking in Sahyadri
	Trekking and Hiking Activity at Global Level	<ul style="list-style-type: none">• Case Studies
	Introduction to Other Adventure Activities	<ul style="list-style-type: none">• Exploring the Outdoor Camping, and Backpacking• Learning the skills of Rock Climbing, Sport Climbing, Rappelling, Jumaring, Navigation.

TLM - 5

Introduction to Safety Systems and Procedures - II

Credit	Topics	Content
1	Introduction to Essential Safety Gears	<ul style="list-style-type: none">• Learn the basic Knots and Safety Gears required for adventure sport• Making the anchoring base for safe descent• Safety guidelines of using equipment• Learning to tackle the Hazards in outdoors
	Introduction to Safety Procedures	<ul style="list-style-type: none">• Creating the SOP for use of equipment• leading team and individual leaders
2	Risk Analysis and Safety Measures	<ul style="list-style-type: none">• ABCD of First Aid in Outdoors• Stretcher making and carrying techniques• Anchor set up and management• Implementing C Pulley and Z Pulley systems

TLM - 6

Leadership and management soft skills for an efficient trek leader - II

Credit	Topics	Content
1	Communication	<ul style="list-style-type: none">• Communication exercise
	Effective Planning & Execution	<ul style="list-style-type: none">• Expedition planning
	Leave No Trace Principles	<ul style="list-style-type: none">• Case Studies about Leave No Trace
2	Administration and Legal Aspect of Trek Management	<ul style="list-style-type: none">• Learning about various formalities and compliance for conducting or organizing adventure activity.
	Career Guidance	<ul style="list-style-type: none">• Explore the possibility of Internship in the field of Adventure Sports
	Fitness and Nutrition	<ul style="list-style-type: none">• Effective ways of planning fitness activity and nutrition and diet for various activities.

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- ❖ Chauvin, M., & Coppelillo, R. (2017). The Mountain Guide Manual: The Comprehensive Reference--From Belaying to Rope Systems and Self-Rescue. Rowman & Littlefield.
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- ❖ Anand Palande, डोंगरयात्रा (Marathi Edition)
- ❖ Anand Palande, चढाई उतराई (Marathi Edition)