

UGCF: B.SC. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (HONS.)
NEP-2020
B.Sc (PE, HE & S) Hons.

1.	SEMESTER-VII		1-58
	COURSE	CONTENT /CREDITS *	
	Discipline Specific Course (DSC)	DSC-19 (4): Strength and Conditioning	
	Discipline Specific Elective (DSE)	Choose three DSE (3X4) Courses OR Choose two DSE- (2X4) and one GE (4) Courses Or Choose one DSE (4) and two GE (2x4) Courses (total=12) DSE 5 (4) 501 Game of Specialization II * (select any Game already studied in Sem I to IV as DSC or DSE, but other than studied in Sem V & VI) DSE-6(4): 502 Applied Statistics in Sports DSE-7(4): 503 Research Methods in Physical Education and Sports DSE-8(4)-504: Ergogenic Aids and Doping in Sports	
	Generic Elective (GE)	Choose one from a pool of courses (of other Departments) GE-7 (4)	
	Ability Enhancement Course (AEC)	NONE	
	Skill Enhancement Course (SEC)	NONE	
	Internship/Apprenticeship/Project (2)	Dissertation on Major(4+2) <u>OR</u> Dissertation on Minor(4+2) <u>OR</u> Academic Project/ Entrepreneurship(4+2)	

	<table><tr><td>Value Addition Course (VAC)</td><td>NONE</td></tr><tr><td></td><td>Total Credits= 22</td></tr></table> <p>* (FIGURE IN BRACKETS DENOTE CREDITS)</p>	Value Addition Course (VAC)	NONE		Total Credits= 22											
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2.	<table><tr><th colspan="2">SEMESTER-VIII</th></tr><tr><th>COURSE</th><th>CONTENT /CREDITS *</th></tr><tr><td>Discipline Specific Course (DSC)</td><td>DSC-20 (4): Sports Management</td></tr><tr><td>Discipline Specific Elective (DSE)</td><td>Choose three DSE (3X4) Courses OR Choose two DSE- (2X4) and one GE (4) Courses OR Choose one DSE (4) and two GE (2x4) Courses (total=12) DSE-9(4):601Game of Specialization II* (Teaching and Coaching) (Game to continue from Sem.VII) DSE-10(4): 602-Research Ethics in Physical Education and Sports DSE-11(4): 603- Adapted Physical Education DSE-12(4) 604-Adventure Sports</td></tr><tr><td>Generic Elective (GE)</td><td>Choose one from a pool of courses (of other Departments) GE-8 (4)</td></tr><tr><td>Ability Enhancement Course (AEC)</td><td>NONE</td></tr><tr><td>Skill Enhancement Course (SEC)</td><td>NONE</td></tr></table>	SEMESTER-VIII		COURSE	CONTENT /CREDITS *	Discipline Specific Course (DSC)	DSC-20 (4): Sports Management	Discipline Specific Elective (DSE)	Choose three DSE (3X4) Courses OR Choose two DSE- (2X4) and one GE (4) Courses OR Choose one DSE (4) and two GE (2x4) Courses (total=12) DSE-9(4):601Game of Specialization II* (Teaching and Coaching) (Game to continue from Sem.VII) DSE-10(4): 602-Research Ethics in Physical Education and Sports DSE-11(4): 603- Adapted Physical Education DSE-12(4) 604-Adventure Sports	Generic Elective (GE)	Choose one from a pool of courses (of other Departments) GE-8 (4)	Ability Enhancement Course (AEC)	NONE	Skill Enhancement Course (SEC)	NONE	59-112
SEMESTER-VIII																
COURSE	CONTENT /CREDITS *															
Discipline Specific Course (DSC)	DSC-20 (4): Sports Management															
Discipline Specific Elective (DSE)	Choose three DSE (3X4) Courses OR Choose two DSE- (2X4) and one GE (4) Courses OR Choose one DSE (4) and two GE (2x4) Courses (total=12) DSE-9(4):601Game of Specialization II* (Teaching and Coaching) (Game to continue from Sem.VII) DSE-10(4): 602-Research Ethics in Physical Education and Sports DSE-11(4): 603- Adapted Physical Education DSE-12(4) 604-Adventure Sports															
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Ability Enhancement Course (AEC)	NONE															
Skill Enhancement Course (SEC)	NONE															

	Internship/Apprenticeship/Project (2)	Dissertation on Major (6) <u>OR</u> Dissertation on Minor (7) <u>OR</u> Academic Project Entrepreneurship (8)	
	Value Addition Course (VAC)	NONE	
		Total Credits= 22	
	* (FIGURE IN BRACKETS DENOTE CREDITS)		

SEMESTER-VII

UGCF: B.SC. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (HONS.)

NEP-2020

B.Sc (PE, HE & S) Hons.

SEMESTER	COURSE	CONTENT /CREDITS *
VII	Discipline Specific Course (DSC)	DSC-19 (4): Strength and Conditioning
	Discipline Specific Elective (DSE)	Choose three DSE (3X4) Courses OR Choose two DSE- (2X4) and one GE (4) Courses Or Choose one DSE (4) and two GE (2x4) Courses (total=12) DSE 5 (4) 501 Game of Specialization II * (select any Game already studied in Sem I to IV as DSC or DSE, but other than studied in Sem V & VI) DSE-6(4): 502 Applied Statistics in Sports DSE-7(4): 503 Research Methods in Physical Education and Sports DSE-8(4)-504: Ergogenic Aids and Doping in Sports
	Generic Elective (GE)	Choose one from a pool of courses (of

		other Departments) GE-7 (4)
	Ability Enhancement Course (AEC)	NONE
	Skill Enhancement Course (SEC)	NONE
	Internship/Apprenticeship/Project (2)	Dissertation on Major(4+2) OR Dissertation on Minor(4+2) OR Academic Project/ Entrepreneurship(4+2)
	Value Addition Course (VAC)	NONE
		Total Credits= 22

* (FIGURE IN BRACKETS DENOTE CREDITS)

SEMESTER – VII
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
UNIVERSITY OF DELHI

B.Sc. (Hons.) (Physical Education, Health Education and Sports)

SEMESTER- VII
BSc-PE-DSC-19 (4): STRENGTH AND CONDITIONING

Course title& Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-19(4): STRENGTH AND CONDITIONING	4	2	0	2	Class XII pass	Nil

Learning Objective: -The learner will acquire knowledge and understanding with applications and skills in Strength and Conditioning in real-life situations.

Learning Outcomes:

After completing the course, the students will be able to:

1. Understand the meaning of Strength and conditioning, Anatomical, physiological, and safety concepts in strength training.
2. Understand the benefits of strength and conditioning training for athletes and for general population of various age groups
3. Identify the Principles of Sports training
4. Apply Physical Fitness Tests,
5. Create Periodization for athletes and for general population,
6. Apply different methods of Resistance training and Endurance Training
7. Adapt to Anaerobic Training Programs, Aerobic Endurance Training Programs,

THEORY SYLLABUS (30 HOURS)

UNIT 1

- 1.1 Definition and Meaning of Strength and Conditioning
- 1.2 Anatomical, physiological, and safety concepts in strength training
- 1.3 Benefits of strength and conditioning training for athletes and for the general population of various age groups
- 1.4 Principles of Sports Training

UNIT 2

- 2.1 Physical Fitness Testing
- 2.2 Considerations for Physical Fitness Testing for athletes and the general population of various age groups
- 2.3 Periodization

UNIT 3

- 3.1 Methods of Resistance Training and Endurance Training
- 3.2 Endocrine Responses to Resistance Exercise and endurance exercise
- 3.3. Adaptations to Anaerobic Training Programs
- 3.4 Adaptations to Aerobic Endurance Training Programs

UNIT 4

- 4.1 Basic Principles for Exercise Program Design
4. 2 Exercise Program Adherence
- 4.3 Designing Exercise Programmes for Muscular Strength and Endurance & Flexibility
- 4.4 Designing Exercise Programmes for Aerobic training and Anaerobic training

Practical Syllabus (60 HOURS)

1. Understand the terms and techniques for squat, bench press, push press, deadlift, power clean, power snatch, accessory lifts and movements in Strength and Conditioning
2. Understand the utility and application of Plyometric training, Speed and Agility Drills

3. Identify technique errors in the performance of the movements
4. ABC Exercises

SUGGESTED READINGS

1. Fahey, T.D., M.P. Insell and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.
2. Hoeger, W.W. & S. Hoeger (2007) Fitness and Wellness. 7th Ed. Thomson Wadsworth, Boston, USA.
3. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publications). Sports & Spiritual Science Publications, New Delhi.
4. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics, and Gym Operations, Khel Sahitya, New Delhi

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

SEMESTER – VII

Choose three DSE (3X4) courses OR Choose two DSE- (2X4) and one GE (4) COURSE OR Choose one DSE (4) and two GE (2x4) courses (total=12)

SEMESTER – VII

BSc-PE-DSE-5(4)-501: GAME OF SPECIALIZATION II

(SELECT ANY GAME FROM SEM I TO IV STUDIED AS DSC/DSE BUT OTHER THAN CHOSEN IN SEM V AND VI)

***LIST OF Games-**

- (i) Athletics**
- (ii) Badminton**
- (iii) Basketball**
- (iv) Cricket**
- (v) Football**
- (vi) Gymnastic**
- (vii) Handball**
- (viii) Hockey**

- (ix) Judo
- (x) Kabaddi
- (xi) Kho-Kho
- (xii) Volleyball
- (xiii) Yoga
- (xiv) Swimming.
- (xv) Wrestling
- (xvi) Table Tennis

BSc-PE-DSE-5 (4)-501 (i): ATHLETICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-5 (4)-501 (i): ATHLETICS	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of athletics in the ground and will have a command on the basic and advance rules and regulations of marking the track and conducting a tournament.

Learning Outcomes:

After completing the course, the students will be able to:

- Prepare, Mark, construct and maintain Track & Field
- Identify physical, physiological, psychological, and sociological characteristics of athletes
- Prepare Athletic Events including technical and tactical preparation
- Provide general training for children, training for beginners, training for intermediate players (advanced sportspersons) and training for seniors (high-performance sportspersons).
- Apply safety measures for prevention of injuries and manage injuries.
- Form structure and organization of the athletics
- Create Budgets for purchasing equipment, preparation, execution, and conclusion of the respective events Protocols and ceremonies.
- Understand meaning, definition, classification, and components of nutrition Energy requirements of athletes in specified events Nutritional requirements of athletes: pre, during and post competition phases

THEORY SYLLABUS (30 HOURS)

UNIT-I TRAINING AND TECHNICAL PREPARATION FOR SPECIFIED ATHLETIC EVENTS

- 1.1 Technical preparation
- 1.2 Marking, construction, and maintenance of Track & Field
- 1.3 Physical, physiological, psychological and sociological characteristics of athletes
- 1.4 Technical Preparation for Focused Athletic Events, Required motor abilities and their technical preparation, Technical and tactical preparation, Physical, physiological, psychological, and sociological characteristics of athletes

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS

- 2.1 General training for children, Training for beginners, Training for intermediate players (advanced sportspersons)
- 2.2 Training for seniors (high-performance sportspersons)
- 2.3 Safety measures and prevention of injuries, Management of Injuries
- 2.4 Causes and remedies of injuries
- 2.5 Physiotherapy, rehabilitation and massage

UNIT-III ORGANIZATION OF THE ATHLETICS MEET

- 3.1 Structure and organization of the athletics meet
- 3.2 Budgeting, purchase of equipment
- 3.3 Preparation, execution, and conclusion of the respective events
- 3.4 Protocols and Ceremonies

UNIT-IV SPORTS NUTRITION

- 4.1 Meaning, definition, classification, and components of nutrition
- 4.2 Energy requirements of athletes in specified events
- 4.3 Nutritional requirements of athletes: pre-, during and post-competition phases
- 4.4 Electrolytes – sports drinks, minerals, and supplements: pre-, during and post-competition

PRACTICALS (60 HOURS)

1. Identify and implementation warming up cooling down exercises
2. Supplementary exercises for specified events, practice, and training of selected events
3. Make a proposal to organize an athletic meet

REFERENCES

- Renwick, G.R., Play Better Athletics, Delhi: Sports Pub., 2001.
- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- Handbook-RulesandRegulation.InternationalAthleticFederation(2010).
- Kumar, Pardeep. (2008).Historical Development of Track & Field. Friends Publication. New Delhi
- Maughan, R. and Gluson, M. (2004). The Biomechanical Basics of Athletic Performance. Oxford University Press, U.K.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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Semester VII
BSc-PE-DSE-5 (4)-501 (ii): BADMINTON

Course title &	Credi	Credit distribution of the course	Eligibility	Pre-requisite
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Code	ts	Lecture	Tutorial	Practical/ Practice	criteria	of the course (if any)
BSc-PE-DSE-5 (4)-501 (ii): BADMINTON	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of badminton in the ground and will have a command on the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcomes:

After completing the course, the students will be able to:

- Develop motor components
- Prepare technical skill – reflexes, perceptual sense, neuro-muscular coordination
- Construct and maintain badminton court, equipment etc.
- Prepare Physically, Physiologically, and Psychologically
- Learn duties/responsibilities while Officiating and Coaching
- Develop the qualifications and qualities of a coach,
- Learn philosophy of coaching
- Learn to systematize training process for badminton players
- Prevent injuries and promote safety measures including rehabilitation of injured players
- Plan for the competition like Selection of men, material and management Concluding the competition – submission of accounts, preparing report Protocols and ceremonies
- Understand meaning, definition, classification, and components of nutrition Energy requirements of badminton players.
- Learn the nutritional requirements of badminton players: pre, during, and post competition phases like minerals and Sports drinks

Theory Syllabus (30 hours)

UNIT-I TECHNICAL PREPARATION FOR BADMINTON

- 1.1 Training of motor components
- 1.2 Technical preparation – reflexes, perceptual sense, neuro-muscular coordination
- 1.3 Construction and maintenance of badminton court, equipment, etc.
- 1.4 Physical, physiological, and Psychological preparation
- 1.5 Officiating and Coaching -Duties/responsibilities, qualifications, and qualities of a coach, Philosophy of coaching, Qualifications, and responsibilities/functions of technical officials, Protocols of referees, judges, umpires, Role of sports psychologists, sports physiotherapists and fitness trainers

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS

- 2.1 Systematizing training process for badminton players – general warming-up, specific warming-up and cooling-down
- 2.2 Supplementary exercises, basic skills, weight-training and circuit-training
- 2.3 Training for beginners, Training for intermediate players - advanced sportspersons, Training for seniors - high-performance sportspersons.
- 2.4 Prevention of injuries and Safety measures.

UNIT-III ORGANISATION OF THE COMPETITION

- 3.1 Planning for the Competition
- 3.2 Selection of men, material, and management
- 3.3 Concluding the competition – submission of accounts, preparing a report
- 3.4 Protocols and Ceremonies

UNIT-IV DIET, NUTRITION AND SPORTS PERFORMANCE

- 4.1 Meaning, definition, classification, and components of nutrition
- 4.2 Energy requirements of badminton players
- 4.3 Nutritional requirements of badminton players: pre, during and post-competition phases

PRACTICALSYLLABUS (60 HOURS)

- 1. Demonstration of skills
- 2. Training for footwork
- 3. Shadow practice and pressure training, planning for competition, organization of competition/seminar/workshop.

REFERENCES

- 1. Singh, M.K., Comprehensive Badminton, N.D. Friends Pub., 2007.
- 2. Ashok Kumar, Badminton, New Delhi Discovery, 2003.
- 3. Narang, P., Play and Learn Badminton, Khel Sahitaya Kendra, 2005.
- 4. Singh, M.K., A to Z Badminton, New Delhi, Friends Pub., 2006.
- 5. Singh, M.K., Comprehensive Badminton, N.D. Friends Pub., 2007.
- 6. Brahms Bernd-Voler. (2010). Badminton Handbook. Mayer & Mayer Sports:UK. Unit-II, III&IV-p-9-14.
- 7. Grice, T. (2007). Badminton: Steps to Success. 2nd Ed. Human Kinetics, USA.
- 8. Gupta R. Kumar P. and Tyagi S. (2008). Textbook on Teaching Skill and Prowess (Part-I&II). Friends Publication. New Delhi.

9. MK. (2007). Comprehensive Badminton. Friends Pub. New Delhi.
10. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
11. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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Semester-VII
BSc-PE-DSE-5 (4)-501 (iii): BASKETBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-5 (4)-501 (iii): BASKETBALL	4	2	0	2	ClassX II pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of basketball in the ground and will have a command on the basic and advance rules and regulations of marking the court and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Select teams and conduct camps
2. Understand playfield technology
3. Plan, construct, and maintain basketball court Conduct of a tournament
4. Analysis and Evaluate players performance during matches
5. Analyze videos of skills and techniques
6. Assess prospective opponents
7. Prepare Training programs that includes pre-contact movement, contact Teaching progression, Coaching points, Drills for skill development, Defense patterns and drills (zone and man -man drill), Lead games for beginners in basketball, Teaching of basketball skill
8. Prepare lesson plan.
9. Develop motor components with specific reference to basketball
10. Select team and conduct camp. Plan playfield technology, construct and maintain Basketball Court.
11. Conduct a Tournament using Short-Term and Long-Term Planning for the organization of a competition.
12. Apply different fitness tests (AAHPERD Youth Fitness Test, AAHPERD Health-related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test, Skill Tests – AAHPERD, Johnson Basketball Test Battery, SAI Test

Battery, Knox Test)

13. Evaluate team performance through observation techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I PERFORMANCE EVALUATION OF ATHLETES

- 1.1 Organization-Selection of a team and conduct of a camp, Playfield technology- planning, construction and maintenance of a basketball court
- 1.2 Conduct a tournament, Short-term and long-term planning for the organization of a competition
- 1.3 Report writing, photography, analysis, and commentary
- 1.4 Evaluation of players' performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents

UNIT-II PREPARATION AND TRAINING

- 2.1 Prerequisites of preparation and training
- 2.2 Preparation, pre-contact movement, contact Teaching progression, Coaching points, Drills for skill development (any five), Defense patterns and drills (zone and man - man drill), Lead up games for beginners in basketball, Teaching of basketball skills - preparing a lesson plan and tactical application.
- 2.3 Development of motor components with specific reference to basketball, Specific training methods for different positions
- 2.4 Development of basketball-specific fitness components

UNIT-III ORGANIZATION

- 3.1 Selection of a team and conduct of camps.
- 3.2 Playfield technology, construction and maintenance of Basketball Court.
- 3.3 Conduct of a Tournament
- 3.4 Short-Term and Long-Term Planning for the organization of a competition.
- 3.5 Report writing, photography, analysis, and commentary.

UNIT-IV MEASUREMENT AND EVALUATION

- 4.1 Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health-related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test
- 4.2 Skill Tests – AAHPERD, Johnson Basketball Test Battery, SAI Test Battery, Knox Test

4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts.

PRACTICAL (60 HOURS)

1. General and specific warm-up
2. Teaching fundamental skills
3. Drills to develop fundamental skills
4. Drills for defense and offense system
5. Preparing and taking lesson plans for above
6. One-on-one measurement, development, and evaluation of motor components
7. Preparing training load and schedule for basketball players
8. Executing: Fitness test, Knowledge test, Specific skill test
9. Organizing Basketball tournaments.

REFERENCES

1. Jain, Naveen Play and Learn Basket Ball, Khel Sahitya Kendra, New Delhi-2003
2. Sharma O.P. Basket Ball Skills and Rules, Khel Sahitya Kendra Delhi-2003
3. Thani, Yograj, Coaching Successfully Basket Ball, Sports Publisher, Delhi-2002.
4. Drewett, J. (2007). How to Improve at Basketball. Crab Tree Publishing Co., USA.
5. Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, US.
6. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
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Semester VII
BSc-PE-DSE-5 (4)-501 (iv):CRICKET

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-5 (4)-501 (iv):CRICKET	4	2	0	2	ClassXII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of cricket in the ground and will have a command on the basic and advance rules and regulations of marking the ground and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Evaluate players' performance during matches
2. Analyze videos of skills and techniques
3. Understand the importance of a third umpire
4. Assess prospective opponents
5. Learn theories and prepare cricket training process (Lead-up games for beginners in cricket, Teaching of cricket skills)
6. Prepare lesson Plan of motor components (with specific reference to cricket, Specific training methods for different positions)

7. Develop cricket specific fitness components
8. Select team and conduct a camp
9. Apply different fitness tests (AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical Fitness test, National Physical Efficiency Test, Indiana motor Fitness Test Skill tests – beep test, running between the wickets, different kinds of catches and Throw Evaluation of team performance)
10. Observe techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I PERFORMANCE EVALUATION OF ATHLETES

- 1.1 Evaluation of players “performance during matches”.
- 1.2 Video analysis of skills and techniques, the importance of a third umpire
- 1.3 Assessment of Prospective Opponents

UNIT-II PREPARATION AND TRAINING

- 2.1 Prerequisites of preparation and training Theory of cricket training process
- 2.2 Lead-up games for beginners in cricket, Teaching of cricket skills - preparing a lesson plan
- 2.3 Development of motor components with specific reference to cricket, Specific training methods for different positions (slip catching, close fielding, fast bowling)
- 2.4 Development of cricket-specific fitness components

UNIT-III ORGANIZATION

- 3.1 Selection of a team and conduct of a camp
- 3.2 Short-term and long-term planning Playfield technology - planning, construction and maintenance of the cricket field
- 3.3 Conduct of a Tournament, short-term and long-term planning for the organization of a competition
- 3.4 Report writing, photography, analysis and commentary

UNIT-IV MEASUREMENT AND EVALUATION

- 4.1 Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical fitness test, National Physical Efficiency Test, Indiana Motor Fitness Test
- 4.2 Skill tests – beep test, running between the wickets, different kinds of catches and throw
- 4.3 Evaluation of team performance – observation techniques, statistical techniques,

scouting chart.

PRACTICALS (60 HOURS)

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
 - (a) Speed
 - (b) Strength
 - (c) Endurance
 - (d) Flexibility
 - (e) Coordination
 - (f) Core stability
 - (g) Agility
3. Game officiating
4. Advancement of different techniques, organizing intramurals in the institution, organizing camping, scouting & giving commentary, coaching lesson-5 (five) Internal lessons.

REFERENCES

1. Jain, R. 2003, Play and Learn Cricket, New Delhi: K.S.K.,.
2. Kutty, S. K., 2003 Fielding Drills in Cricket, New Delhi: K.S.K.,.
3. Rachna, 2002 Coaching Successfully: Cricket, Delhi: Sports.,.
4. Rachna, Jain 2005, Play & Learn Cricket, Khel Sahitya Kendra.,.
5. Sharma, Prahlad, 2003. \Cricket, Jaipur: Shyam Prakashan,
6. Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
7. Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
8. Hobbs, J. (2008). The Game of Cricket As it should be played. Jepson Press, USA.
9. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
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Semester-VII
BSc-PE-DSE-5 (4)-501 (v): FOOTBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-5 (4)-501 (v): FOOTBALL	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Football in the ground and will have a command on the basic and advance rules and regulations of marking the ground and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Evaluate player's performance during matches
2. Analyze videos of skills and techniques
3. Assess prospective opponents' Duties and responsibilities
4. Learn basic skills and techniques
5. Prepare lesson plan
6. Develop motor components with specific reference to football
7. Develop football specific fitness components
8. Select teams and conduct camps
9. Plan, construct and maintain football field
10. Conduct tournament
11. Apply fitness tests (AAHPERD Youth Fitness Test, Fleishman Physical Fitness test, Indiana motor Fitness Test Skill tests – McDonald test, Mitchell – SAI Football Test)
12. Evaluate team performance
13. Observe techniques, statistical techniques and scouting charts

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS

- 1.1 Rules and Regulations in Football
- 1.2 Officiating- Evaluation of player's performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents
- 1.2 Duties and responsibilities of officials

1.3 Mechanism of officiating and scoring

UNIT-II PREPARATION AND TRAINING

2.1 Basic skills and techniques

- Preparation, pre-contact movement, contact
- Teaching Progression
- Coaching points
- Tactical application
- Drills for skill - development (any five)

2.2 The field defense – general characteristics, teaching progression, and coaching tips, position-specific and other defense drills, Lead - up games for beginners in football, Teaching football skill - preparing a lesson plan

2.3 Development of motor components with specific reference to football, Specific training methods for different positions

2.4 Development of football-specific fitness components

UNIT-III ORGANIZATION

3.1 Organization-Selection of a team and conduct of a camp

3.2 Playfield technology - planning, construction and maintenance of football field

3.3 Conduct of a tournament.

3.4 Short-term and long-term planning for the organization of a competition, Report writing.

3.5 Photography, analysis and commentary

UNIT-IV MEASUREMENT AND EVALUATION

4.1 Fitness tests - AAHPERD Youth Fitness Test, Fleishman Physical Fitness Test, Indiana motor Fitness Test

4.2 Skill tests – McDonald test, Mitchell – SAI Football Test.

4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

PRACTICALS (60 HOURS)

Advanced movements with the ball

1. Kicking – basic action, requirement, classification and types of kicking
2. Receiving – with the feet, legs, inside the foot, outside and sole, thigh, stomach, abdomen and chest
3. Heading – types of heading, surface of impact, proper movements
4. Dribbling and shooting– types of skills

5. Goal keeping – receiving the ball on floor and in the air, diving skills, punching the ball
6. Applied tactics of defense – positioning by a defender, defensive attacker, interchanging of position
7. Attacking tactics- shooting and heading at goal, place changing, special method-attack with two centerforward
8. Refining of skills
 - Kicking
 - Receiving
 - Heading
 - Dribbling
 - Tackling
 - Goalkeeping
9. Taking advantage of offside rule - attack and defense
- 10 Match officiating
 - Referee
 - Linesmen
 - Table officials
 - Play field preparation guide/organizer

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Semester-VII
BSc-PE-DSE-5 (4)-501 (VI): GYMNASTICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-5 (4)-501 (VI): GYMNASTICS	4	2	0	2	Class X II pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Gymnastics on the ground and will have a command of the basic and advanced rules and regulations and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Qualify as a Gymnastics coach
2. Understand Gymnast's Kinanthropometrical demands, gymnastics terminology, basic positions and movements Principles of teaching and train gymnastics movements on apparatus
3. Understand role of various motor abilities in gymnastics
4. Develop general motor abilities and evaluate
5. Plan for competition while understanding the meaning and concept of Preparation of competition schedule and Order of events Sequence.
6. Prevent injuries in gymnastics
7. Understand about Rhythmic gymnastics and Trampoline gymnastics

THEORY SYLLABUS (30 HOURS)

UNIT-I PRE-REQUISITES OF A GOOD GYMNASTICS COACH AND A GOOD GYMNAST

1.1 Gymnastics coach

- a. Qualifications, qualities, and abilities
- b. Personality profiles of a gymnastics coach

1.2 Gymnast

- a. Kinanthropometrical demands (physique, body composition, somatotypes of

men and women gymnasts)

b. Conditional and coordinative abilities

c. Psycho-social abilities

1.3 Knowing gymnastics terminology

a. Methods of naming various gymnastics terms

b. Names and definitions of some basic positions and movements

c. Principles of teaching, coaching, and training of gymnastics movements on apparatus

UNIT-II DEVELOPMENT, MEASUREMENT, AND EVALUATION OF MOTOR ABILITIES

2.1 Role of various motor abilities in gymnastics

2.2 Means and methods of developing general motor abilities and their evaluation

2.3 Means and methods of developing specific motor abilities and their evaluation

2.4 Schedule of Training and Planning for Competition - Training schedules

- Daily schedules
- Weekly schedules
- Monthly schedules

2.5 Planning for Competition

- Meaning and concept
- Preparation for the competition schedule
- Order of events
- Sequence of gymnast

UNIT-III SAFETY MEASURES IN GYMNASTICS

3.1 Supporting techniques and their methods

3.2 Security – means and methods

3.3 Self-security methods

3.4 Causes, prevention, and remedies of injuries in gymnastics

UNIT-IV THEORY OF VARIOUS FORMS OF GYMNASTICS

4.1 Rhythmic gymnastics: (i) basic exercises (throw, catch, jumps, turns, waves & balance); and (ii) a combination

4.2 Physical fitness in gymnastics: (i) through free hand exercises; (ii) through apparatus i.e., medicine ball, skipping rope, wall bars, gymnastics bench, free weights, dumbbells, multi gym, rope climbing, modern fitness equipment (treadmill, elliptical upright and

recumbent bikes etc.)

4.3 Trampoline gymnastics: (i) jumps, (ii) somersaults (forward), (iii) twists/turns on small trampoline

PRACTICALS (60 HOURS)

1. Rhythmic gymnastics: (i) basic exercises (throw, catch, jumps, turns, waves & balance); and (ii) combination
2. Physical fitness in gymnastics: (i) Free hand exercises; (ii) Use of apparatus - Medicine ball, skipping rope, wall bars, gymnastics bench, free weights, dumbbells, multi gym, rope climbing, modern fitness equipment (treadmill, elliptical upright and recumbent bikes etc.)
3. Trampoline gymnastics: (i) jumps, (ii) somersaults (forward), (iii) twists/turns on small trampoline
4. Visit to the gymnastics centre

REFERENCES

1. Code of Points Trampoline Gymnastics, Federation Int. De Gymnastics, 2005.
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3. Jain, R., Play and Learn Gymnastics, Khel Sahitya Kendra, 2005.
4. Jain, R., Play and Learn Gymnastics, New Delhi: Khel Sahitya Kendra, 2003.
5. Brown (2009). How to Improve at Gymnastics. Crab tree Publishing Co., USA.
6. Stick land, L.R. (2008). Gender Gymnastics. Trans Pacific Press, Japan.
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Semester-VII
BSc-PE-DSE-5 (4)-501 (vii): HANDBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-5 (4)-501 (vii): HANDBALL	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Handball in the ground and will have a command on the basic and advance rules and regulations of marking the ground and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Understand latest rules and their Interpretations
- Analyze match, evaluate players' performance during matches, analyze video of skills and techniques, Assess prospective opponents.
- Understand duties and responsibilities of officials
- Understand prerequisites of preparation and training, theory of handball training process
- Develop motor components with specific reference to handball
- Select teams and conduct camp
- Plan, construct and maintain handball court
- Conduct tournament
- Apply Fitness tests (AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical fitness test, National Physical Efficiency Test, Indiana motor Fitness Test Skill tests – Cornish Handball Test)
- Evaluate team performance through observation techniques, statistical techniques and scouting Charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I PERFORMANCE EVALUATION OF ATHLETES

- 1.1 Latest rules and their Interpretations
- 1.2 Match Analysis-Evaluation of players' performance during matches, Video analysis of skills and techniques,
- 1.3 Assessment of Prospective Opponents.
- 1.4 Duties and responsibilities of officials
- 1.5 Mechanism of officiating and scoring

UNIT-II PREPARATION AND TRAINING

- 2.1 Prerequisites of preparation and training
 - Theory of handball training process
- 2.2 Basic Skills and Techniques
 - Catching – chest level, head and reaching height, side, below waist, one hand, in air
 - Passing – straight shoot pass (with and without blocking), underhand, wrist, push and bounce
 - Shooting (throw on goal) - straight shot with variation, jump shot with variation, jump shot long (near shot zone)
 - Jump shot (long shot zone), penalty shot (7 m.), jump fall shot, side straight shot, back flick, lob
 - Dribbling – high and low
 - Feints – a system of feints, play round and off, offensive and defensive
 - Goalkeeper
 - Preparation, pre-contact movement, contact
 - Teaching Progression
 - Coaching points
 - Tactical application
 - Drills for skill development (Any Five)
- 2.3 The Court Defense – general characteristics, teaching progression and coaching tips, position-specific and other defense drills, Lead - games for beginners in handball, Teaching of handball skills - preparing a lesson plan.
- 2.4 Development of motor components with specific reference to handball, Specific training methods for different positions
- 2.5 Development of handball-specific fitness components

UNIT-III ORGANIZATION

- 3.1 Selection of a team and conduct of a camp.
- 3.2 Playfield technology planning, construction, and maintenance of the handball court,
- 3.3 Conduct of a tournament,
- 3.4 Short-term and long-term planning for the organization of a competition,

3.5 Report writing, photography, analysis, and commentary

UNIT-IV MEASUREMENT AND EVALUATION

4.1 Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical fitness test, National Physical Efficiency Test, Indiana motor Fitness Test

4.2 Skill tests – Cornish Handball Test

4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting Charts

PRACTICALS:

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill
- Learning to demonstrate the complete process of scoring/judgment

REFERENCES

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Semester-VII
BSc-PE-DSE-5 (4)-501(viii): HOCKEY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-5 (4)-501(viii): HOCKEY	4	2	0	2	Class XII pass	NIL

Learning Objectives: The learner will be able to use the knowledge of Hockey on the ground and will have a command of the basic and advanced rules and regulations of marking the ground and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand latest rules and their Interpretations
2. Analyze match, evaluate players' performance during matches, analyze video of skills and techniques, Assess prospective opponents.
3. Understand prerequisites of preparation and training.
4. Prepare a lesson plan.
5. Develop motor components with specific reference to hockey
6. Select teams and conduct camp
7. Plan, construct and maintain Hockey field
8. Conduct tournament
9. Apply Fitness tests (AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill Tests – Schmithal's French Field Test, Freidel Field Test)
10. Evaluate team performance through observation techniques, statistical techniques and scouting Charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS

- 1.1 Latest rules, and their interpretations
- 1.2 Duties and responsibilities of officials
- 1.3 Mechanism of officiating and scoring
- 1.4 Match Analysis-Evaluation of player performance during matches
- 1.5 Video - analysis of skills and techniques, Assessment of prospective opponents

UNIT-II PREPARATION AND TRAINING

- 2.1 Prerequisites of preparation and training
- 2.2 Basic skills and techniques
 - Hitting
 - Passing
 - Dribbling
 - Scoop
 - Bully
 - Grip
 - Flicking
 - Goalkeeping
 - ☐ Preparation, pre-contact movement, contact
 - ☐ Teaching progression
 - ☐ Coaching Points
 - ☐ Tactical application
 - ☐ Drills for skill development (any five)
- 2.3 The Field Defense – general characteristics, teaching progression and coaching tips, position specific and other defense drills, Lead - up games for beginners, Teaching of hockey skill - preparing a lesson plan.
- 2.4 Development of motor components with specific reference to hockey, Specific training methods for different positions
- 2.5 Development of hockey specific fitness components

UNIT-III ORGANIZATION

- 3.1 Organisation-Selection of a team and conduct of a camp,
- 3.2 Playfield technology - planning, construction and maintenance of a hockey field,
- 3.3 Conduct of a tournament,
- 3.4 Short term and long term - planning for content of a competition,
- 3.5 Report writing, photography, analysis and commentary

UNIT-IV MEASUREMENT AND EVALUATION

4.1 Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical fitness test, National Physical Efficiency Test, Indiana motor Fitness Test

4.2 Skill Tests – Schmidthal’s French Field Test, Freidel Field Test.

4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

PRACTICALS (60 HOURS)

1. Techniques of Fundamental Skills
2. Beating an opponent or dodging
3. Ball passing and tackling
4. Applied tactics of defense – positioning by a defender, defensive attacker, interchanging of position
2. Attacking tactics – Creating Gaps, mobility
3. Refining of skills
4. Goal - keeping
5. Match officiating : Umpire signals
6. Play field Marking

REFERENCES

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- Jain, D., Hockey Skills & Rules New Delhi, khel Sahitya Kendra, 2003.
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Semester-VII
BSc-PE-DSE-5 (4)-501 (ix):JUDO

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-5 (4)-501 (ix):JUDO	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Judo and will have a command on the basic and advance rules and regulations of Judo and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand latest rules and their Interpretations
2. Analyze match, evaluate players' performance during matches, analyze video of skills and techniques, Assess prospective opponents.
3. Prepare technical grading system, competition area, equipment etc.
4. Understand Officiating And Coaching (qualifications, qualities and responsibilities of a coach, philosophy of coaching, Qualifications and responsibilities/functions of technical officials, Protocols of referees, judges, technical officials, Role of sport psychologists, sport physiotherapists, fitness trainers and doctors)
5. Follow systematic training process for players
6. Prevent injuries using safety measures
7. Treat and manage injured athletes
8. Understand classification and components of nutrition Energy required of Judokas
9. Develop nutritional guidelines for Judokas
10. Conduct tournament
11. Apply Fitness tests (AAHPERD Youth Fitness Test, AAHPHER Health Related Fitness Test, Fleishman Physical fitness test, National Physical Efficiency Test, Indiana motor Fitness Test)
12. Evaluate team performance through observation techniques, statistical techniques and scouting Charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR JUDO

- 1.1 Required motor abilities
- 1.2 Technical preparation and grading system
- 1.3 Competition area, equipment, etc.
- 1.4 Physical, physiological and psychological preparation
- 1.5 Officiating and Coaching-Qualifications, qualities, and responsibilities of a Coach, philosophy of coaching, Qualifications, and responsibilities/functions of technical officials,

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS AND SAFETY MEASURES

- 2.1 Systematizing training process for players – warming up, cooling-down, supplementary exercises, basic skills, weight training, circuit-training
- 2.2 Training for beginners, Training for intermediate players, Training for high performers
- 2.3 Prevention of injuries Causes and remedies of injuries in judo and safety measures

UNIT-III DIET, NUTRITION AND SPORTS PERFORMANCE

- 3.1 Meaning, definition, classification and components of nutrition
- 3.2 Energy requirements of Judokas
- 3.3 Nutritional guidelines for Judokas: pre, during, and post-competition phases

UNIT-IV MEASUREMENT AND EVALUATION

- 4.1 Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical fitness test, National Physical Efficiency Test, Indiana Motor Fitness Test
 - A. Skill/Playing ability Tests for judo players.

PRACTICAL (60 HOURS)

- 1. Warming-up (general and specific), cooling down, supplementary and stretching exercises
- 2. Demonstration of judo techniques
- 3. Variations and combination of judo techniques
- 4. Training in fundamentals of judo
- 5. Visit to a Judo Centre
- 6. Planning for competitions
- 7. Organization of a competition/seminar/workshop/clinic

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1. Harrison, E.J., Coaching Successfully Judo, Delhi: Sports, 2002.
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Semester-VII
BSc-PE-DSE-5 (4)-501 (x):KABADDI

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-5 (4)-501 (x): KABADDI	4	2	0	2	Class XII pass	NIL

Learning Objectives:- The students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel. The learner will be able to use the knowledge of Kabaddi in the court and will have a command of the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand, interpret, and analyze proficiency in a game of one's choice in the areas of training, talent identification, officiating, and coaching.
2. Learn about Common injuries related to sports and the Rehabilitation of injured players/athletes.
3. Understand and gain knowledge about various Training Means and Methods for the development of motor components, identifying and developing talent in sports
4. Understand and gain knowledge about Anatomical, Physiological, Biomechanical, and psychological basis to performance.
5. Learn and gain proficiency in officiating, organizing, planning, and conducting sports competitions.

THEORY SYLLABUS (30 HOURS)

Unit-I Skill, Tactics & Technical Aspects

- Advance defensive skills in kabaddi
- Advance offensive skills in kabaddi
- Concept of tactics and strategy
- Offensive and defensive tactics in kabaddi

Unit-II Performance Dimensions

- Anatomical Consideration in a kabaddi.
- Physiological basis for performance in a kabaddi.
- Bio-mechanical analysis of skills/techniques.
- Psychological concept in kabaddi.
- Sociological concept in kabaddi.

Unit-III Athlete Care & Rehabilitation in Kabaddi

- Preventive and safety measures in kabaddi
- Sports injuries in kabaddi
- P.R.I.C.E. Injury Treatment Principle
- Rehabilitation Methods

Unit-IV Organization & Officials

- Selection & conduct of coaching Camps
- Officials' Qualification, duties & Knowledge of Score sheet
- Organization of a Kabaddi tournament
- Report Writing on the Kabaddi Tournament.

Practical Syllabus (60 HOURS)

1. Skills & its developing exercises (Drills)
2. Officiating in a Kabaddi Match
3. Scoring in a Kabaddi Match
4. Demonstration and practice of Tactical Pattern

SUGGESTED READINGS

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2. Kumar, Dharmander. (2023). Kabaddi Dynamics: Skill, Technics, Tactics & Science, Khel Sahitya Kendra, New Delhi.
3. Mishra, S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
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Semester-VII
BSc-PE-DSE-5 (4)-501(xi):KHO-KHO

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE0DSE 5 (4)-501(xi): KHO-KHO	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Kho-Kho in the court and will have a command on the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand latest rules and their Interpretations
2. Analyze match, evaluate players' performance during matches, analyze video of skills and techniques, Assess prospective opponents.
3. Understand prerequisites of preparation and training.
4. Prepare a lesson plan.
5. Develop motor components with specific reference to Kho-Kho
6. Select teams and conduct camp
7. Plan, construct and maintain Kho-Kho court
8. Conduct tournament
9. Apply Fitness tests (AAHPERD Health Related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill Tests)
10. Evaluate team performance through observation techniques, statistical techniques and scouting Charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS

2.1 Latest Rules, and their Interpretations

2.2 Match analysis- Evaluation of player's performance during matches, Video analysis of

skills and techniques, Assessment of prospective opponents

UNIT-II PREPARATION AND TRAINING

2.1 Prerequisites of preparation and training theory of Kho-kho Training Process

2.2 Basic skills and techniques

o Running – chain game - single chain, double chain 3-3-2

o Feint

o Dosing

o Oval

o Chasing – pole dive – sitting, running, fake and pole dive

o Sitting and block

o Dive – air dive, sitting dive, flat dive

2.3 Preparation, pre-contact movement, contact, Teaching progression, Coaching points, Tactical application, Drills for skill development (any five), The court defense – general characteristics, teaching progression and coaching tips, position-specific and other defense drills, Lead - up games for beginners in Kho-kho, Teaching of Kho-kho skill - preparing a lesson plan

2.4 Development of motor components with specific reference to Kho-kho, Specific training methods for different positions

2.5 Development of Kho-kho specific fitness components

UNIT-III ORGANIZATION

3.1 Organization and Constitution of KKFI and Affiliated Units, Organization- Selection of a team and conduct of a camp,

3.2 Playfield technology planning, construction, and maintenance of Kho-kho Court,

3.3 Conduct of a tournament,

3.4 Short-term and long-term planning for the organization of a competition.

3.5 Report writing, photography, analysis and commentary

UNIT-IV MEASUREMENT AND EVALUATION

4.1 Fitness tests - AAHPERD Youth Fitness Test, Barrow General Motor Ability Test.

4.2 Skill tests -

4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

Practical (60 HOURS)

1. Skills & its developing exercises (Drills)

- 2. Officiating in a Kho-kho Match
- 3. Scoring in a Kho-kho Match
- 4. Demonstration and practice of Tactical Pattern
- 5. Sport-specific skill tests

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- 2. Panday, L., Kho - Kho Sarvaswa, New Delhi Metropolitan, 1982.\
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Semester-VII
BSc-PE-DSE-5 (4)-501(xii):VOLLEYBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE 5(4)-501(xii) VOLLEYBALL	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Kho-Kho in the court and will have a command on the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand latest rules and their Interpretations
2. Analyze match, evaluate players' performance during matches, analyze video of skills and techniques, Assess prospective opponents.
3. Understand prerequisites of preparation and training.
4. Prepare a lesson plan.
5. Develop motor components with specific reference to Volleyball
6. Select teams and conduct camp
7. Plan, construct and maintain Volleyball court
8. Conduct tournament
9. Apply Fitness tests (AAHPERD Youth Fitness Test, Indiana motor Fitness Test, Philips JCR Test Skill Tests – AAHPERD, Russell-Lange, Brady's Volleyball Test Evaluation of team)
10. Evaluate team performance through observation techniques, statistical techniques and scouting Charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS

1.1 Latest rules, and their interpretations

- 1.2 Duties and responsibilities of officials
- 1.3 Mechanism of officiating and scoring
- 1.4 Match analysis- Evaluation of player's performance during matches, Video analysis of skills and techniques,
- 1.5 Assessment of Prospective Opponents

UNIT-II PREPARATION AND TRAINING

- 2.1 Prerequisites of preparation and training
 - Theory of volleyball training process
 - General and specific warming up and cooling down (specific exercises for volleyball)
 - Principles of warming up and cooling down and their effects
- 2.2 Basic skills and techniques
 - o The serve—underhand, tennis, jump and serve overhead float
 - o Forearm passing
 - o Overhead Passing
 - o Spiking/attack
 - o Blocking
 - Preparation, pre-contact movement, contact
 - Teaching progression
 - Coaching points
 - Tactical application
 - Drills for skill development (any five)
- 2.3 The court defense – general characteristics, teaching progression, and coaching tips, position-specific and other defense drills, Lead – up games for beginners in volleyball, Teaching volleyball skills - preparing a lesson plan
- 2.4 Development of motor components with specific reference to volleyball, Specific training methods for different positions
- 2.5 Development of volleyball-specific fitness components

UNIT-III ORGANIZATION

- 3.1 Organization- Selection of a team and conduct of a camp,
- 3.2 Playfield technology - planning, construction and maintenance of the Volleyball court
- 3.3 Conduct of a tournament,
- 3.4 Short-term and long-term planning for the organization of a competition,
- 3.5 Report writing, photography, analysis and commentary

UNIT-IV MEASUREMENT AND EVALUATION

- 4.1 Fitness tests - AAHPERD Youth Fitness Test, Indiana motor Fitness Test, Philips JCR Test
- 4.2 Skill Tests – AAHPERD, Russell-Lange, Brady’s Volleyball Test
- 4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts.

Practical (60 HOURS)

- 1. Skills & its developing exercises (Drills)
- 2. Officiating in a Volleyball Match
- 3. Scoring in a Volleyball Match
- 4. Demonstration and practice of Tactical Pattern
- 5. Sport-specific skill tests

REFERENCES

- 1. The National Alliance for Youth. Sports (2009). Coaching Volleyball For Dummies Publishers, USA.
- 2. Volleyball, USA (2009). Volleyball: Systems and Strategies. Human Kinetics, USA.
- 3. Bompa O. Tudor and Half G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- 4. Kenny, B. and Gregory, C. (2006). Volleyball: Steps to Success. Human Kinetics, USA.
- 5. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- 6. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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Semester-VII
BSc-PE-DSE-5 (4)-501(xiii):YOGA

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc- PE-DSE-5(4)-501(xiii): YOGA	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Yoga in real life and will have a command on the basic and advanced rules and regulations of Yoga and conduct a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand Yoga and its scope, limitations, misconceptions, importance in education and other fields
2. Learn rules and regulations for yoga championships
3. Learn about Pre-Vedic and Vedic period
4. Understand prerequisites of preparation and training.
5. Prepare a lesson plan.
6. Conduct yoga competition
7. Understand classification, and components of nutrition
8. Learn yogic diet and its' role

THEORY SYLLABUS (30 HOURS)

UNIT-I YOGA EDUCATION:

- 1.1 Meaning, definition, and scope of yoga, limitations and misconceptions, the importance of yoga in education and other fields
- 1.2 Pre-vedic and Vedic period; upanishad, sutra period, patanjali yoga sutra; hatha yoga tantra

UNIT-II RULES AND THEIR INTERPRETATIONS

- 2.1 Rules and regulations for yoga championships: State, national, international, SGFI, AIU.
- 2.2 Officiating and coaching - Qualifications, qualities, and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria,

Protocols for referees, judges, and officials

UNIT-III ORGANIZATION OF YOGA COMPETITION:

- 3.1 Structure and organization of yoga competition
- 3.2 Preparation, execution, and closing of the competition
- 3.3 Protocols and Ceremonies

UNIT-IV NUTRITION IN YOGA

- 4.1 Meaning, definition, classification and components of nutrition, nutrients
- 4.2 Yogic diet
- 4.3 PRATHYARA, VEGETARIAN DIET

PRACTICALS (60 HOURS)

- 1. Visit to yoga center
- 2. Planning for a Yoga competition
- 3. Organization of a Yoga competition
- 4. Project on research in Yoga
- 5. Officiating in Yoga competitions

REFERENCES

- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Sharma JP and Ganesh S(2007). Yog Kala Ek Prichya. Friends Publication. New Delhi
- Sharma J. P. (2007). Manav Jeevan evam yoga. Friends Publication. New Delhi.
- Sharma Jai Prakash and Rathore Bhupender Singh (2007). Yoga Ke Tatva. Friends Publication. Delhi
- Mukerji, A.P. (2010). The Doctrine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis: The Complete Guide. W.W. Norton & Company, USA.

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Semester VII
BSc-PE-DSE-5 (4)-501 (xiv): SWIMMING

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-5(4)-501 (xiv): SWIMMING	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use swimming knowledge and have a command of the basic and advanced skills and will have knowledge of rules and regulations for competitions and conducting competition.

Learning Outcomes: After completing the course, the students will be able to:

1. Set pool profile for competitions
2. Officiate and Coach with an understanding of Duties/responsibilities
3. Identifies Protocols of referees, judges. Roles of sports psychologists, sports physiotherapists, and fitness trainers
4. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
5. Apply Safety measures and prevent injuries
6. Manage injuries' Causes
7. Rehabilitate and massage athletes
8. Organize Competitions
9. Identify classification and components of nutrition and energy requirements of athletes in specified events
10. Train motor components through technical preparation

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR SWIMMING (8 HOURS)

- 1.1 Training of motor components required in the game of swimming
- 1.2 Technical preparation – reflexes, perceptual sense, neuro-muscular coordination
- 1.3 Construction and maintenance of swimming pools, equipment etc.
- 1.4 Physical, physiological, and Psychological preparation
- 1.5 Officiating and Coaching -Duties/responsibilities, qualifications, and qualities of a coach, Philosophy of coaching, Qualifications, and responsibilities/functions of technical officials, Protocols of referees, judges

1.6 Role of sports psychologists, sports physiotherapists and fitness trainers

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS (8 HOURS)

- 2.1 Systematizing training process for swimming players – general warming-up, specific warming-up and cooling-down
- 2.2 Supplementary exercises, basic skills in swimming
- 2.3 Training for beginners, Training for intermediate players - advanced sportspersons, Training for seniors - high-performance sportspersons.
- 2.4 Prevention of injuries and Safety measures.

UNIT-III ORGANISATION OF THE COMPETITION (7 HOURS)

- 3.1 Planning for the Competition
- 3.2 Selection of men, material and management
- 3.3 Concluding the competition – submission of accounts, preparing a report
- 3.4 Protocols and Ceremonies

UNIT-IV DIET, NUTRITION AND SPORTS PERFORMANCE (7 HOURS)

- 4.1 Meaning, definition, classification, and components of nutrition
- 4.2 Energy requirements of swimmers
- 4.3 Nutritional requirements of swimming players: pre-, during, and post-competition phases

PRACTICALS (60 HOURS)

- 1. Demonstration of skills
- 2. Training for advanced skills for competitions
- 3. Shadow practice and pressure training, planning for competition,
- 4. Organization of competition/seminar/workshop.

SUGGESTED READINGS

- 1. David J., Mathur M. (1994). “How to learn swimming in 30 days” UBS Publishers, New Delhi, India.
- 2. Jain. R. (2003). “Play and Learn Swimming” Khel Sahitya Kendra, New Delhi, India
- 3. Jain. D. (2003). “Swimming Skills & Rules” Khel Sahitya Kendra, New Delhi, India
- 4. Hardy, Colin (1987) “Handbook for the Teacher Of Swimming” Pelham books ltd., London (U.K)

5. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
6. Thomas, David G., (2005). “Swimming STEPS TO SUCCESS” Human Kinetics, U.S.A
7. Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi.
8. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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Semester-VII
BSc-PE-DSE-5 (4)-501 (xv): WRESTLING

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
BSc-PE-DSE-5 (4)-501 (xv): WRESTLING	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Wrestling and will have a command on the basic and advance rules and regulations of Wrestling and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, constructing and maintain Field/court,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Apply Safety measures and prevent injuries
9. Manage injuries' Causes
10. Rehabilitate and massage athletes
11. Organize Competitions
12. Identify classification and components of nutrition and energy requirements of athletes in specified events
13. Train motor components through technical preparation
14. Conduct related physical fitness tests

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR WRESTLING (8 HOURS)

- 1.1 Required motor abilities for wrestlers
- 1.2 Technical preparation, Competition area, equipment, etc
- 1.3. Physical, physiological and psychological preparation
- 1.4 Officiating and Coaching-Qualifications, qualities and Responsibilities of a Coach, philosophy of coaching,
- 1.5 Qualifications and responsibilities/functions of technical officials

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS AND SAFETY MEASURES (8 HOURS)

- 2.1 Systematizing training process for players – warming up, cooling-down, supplementary exercises, basic skills in Wrestling
- 2.2 Training for beginners, Training for intermediate players, Training for high performers
- 2.3 Prevention of injuries Causes and remedies of injuries in Wrestling and safety measures

UNIT-III DIET, NUTRITION AND SPORTS PERFORMANCE (7 HOURS)

- 3.1 Meaning, definition, classification, and components of nutrition
- 3.2 Energy requirements of Wrestlers
- 3.3 Nutritional guidelines for Judokas: pre-, during, and post competition phases

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

- 4.1 Fitness tests for Wrestlers
- 4.2 Skill/Playing Ability Tests for Wrestling players

PRACTICAL (60 HOURS)

1. Warming-up (general and specific), cooling down, supplementary and stretching exercises
2. Demonstration of Wrestling techniques
3. Training in fundamentals of Wrestling
4. Visit to a Wrestling Centre
5. Planning for competitions
6. Organization of a competition/seminar/workshop/clinic

SUGGESTED READINGS

1. Gable, D. (1999) “Coaching Wrestling Succesfully” Human Kinetics, U.S.A
2. Camaione D. & Tillman K. (1980) “Teaching & Coaching Wrestling A Scientific

Approach” John Wiley & Sons. Inc., U.S.A.

3. Kumar N. (2005) “Play & Learn Wrestling” Khel Sahitya Kendra, New Delhi, India.
4. Patwardhan G. (2002) “Coaching Succesfully Wrestling” Sports Publication, Delhi.
5. Bomp O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

Semester VII

BSc-PE-DSE-5 (4)-501 (xvi): TABLE TENNIS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-5(4)-501 (xvi): TABLE TENNIS	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use Table Tennis knowledge on the ground and have a command of the basic and advanced rules and regulations and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Marking, constructing and maintaining Table Tennis Court
2. Officiate and Coach with an understanding of Duties/responsibilities
3. Identifies Protocols of referees, judges, Roles of sports psychologists, sports physiotherapists, and fitness trainers
4. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
5. Apply Safety measures and prevent injuries
6. Manage injuries' Causes
7. Rehabilitate and massage athletes
8. Organize Competitions

9. Identify classification and components of nutrition and energy requirements of athletes in specified events
10. Train motor components through technical preparation

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR TABLE TENNIS (8 HOURS)

- 1.1 Training of motor components
- 1.2 Technical preparation – reflexes, perceptual sense, neuro-muscular coordination
- 1.3 Construction and maintenance of Table Tennis court, equipment etc.
- 1.4 Physical, physiological, and Psychological preparation
- 1.5 Officiating and Coaching -Duties/responsibilities, qualifications, and qualities of a coach, Philosophy of coaching, Qualifications, and responsibilities/functions of technical officials, Protocols of referees, judges,
- 1.6 Role of sports psychologists, sports physiotherapists and fitness trainers

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS (8 HOURS)

- 2.1 Systematizing training process for Table Tennis players – general warming-up, specific warming-up and cooling-down
- 2.2 Supplementary exercises, basic skills in Table Tennis game
- 2.3 Training for beginners, Training for intermediate players - advanced sportspersons, Training for seniors - high-performance sportspersons.
- 2.4 Prevention of injuries and Safety measures.

UNIT-III ORGANISATION OF THE COMPETITION (7 HOURS)

- 3.1 Planning for the Competition
- 3.2 Selection of men, material and management
- 3.3 Concluding the competition – submission of accounts, preparing a report
- 3.4 Protocols and Ceremonies

UNIT-IV DIET, NUTRITION AND SPORTS PERFORMANCE (7 HOURS)

- 4.1 Meaning, definition, classification, and components of nutrition
- 4.2 Energy requirements of badminton players
- 4.3 Nutritional requirements of badminton players: pre-, during, and post-competition phases

PRACTICALS (60 HOURS)

1. Demonstration of skills
2. Training for footwork
3. Shadow practice and pressure training, planning for competition, organization of competition/seminar/workshop.

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Jain D. (2001) “Teaching & Coaching Table Tennis” Khel Sahitya Kendra, Delhi.
3. Burn B. (1979) “The Science of Table Tennis” S. Chand & Company Ltd., N. Delhi.
4. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
5. Jain D. (2003) “Table Tennis skills & Rules” Khel Sahitya Kendra, N. Delhi.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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SEMESTER-VII**BSc-PE-DSE-6(4)-502: APPLIED STATISTICS IN SPORTS**

Course title& Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-6(4)-502: APPLIED STATISTICS IN SPORTS	4	3	1	0	Class XII pass	Nil

Learning Objective: The student will gain knowledge about Research Methods of sampling, writing of Research Reports, and analysis of the data through statistical techniques.

Learning Outcome:

After completing the course, the students will be able to:

1. learn the Introduction Meaning and Definition of Statistics.
2. Understand function, need, and importance of Statistics. Types of Statistics, Meaning of the terms, Population, Sample, Data, types of data. Variables Discrete, Continuous. Parametric and non-parametric statistics.
3. Develop an understanding of Data Classification, Tabulation.
4. Understand Measures Central Tendencies, construct frequency tables Calculate central tendencies (Mean, median and mode)
5. Understand Measures of dispersion
6. Calculate Range, Quartile Deviation, Mean Deviation, Standard Deviation and Probable Error.
7. Calculate scoring scales
8. Learn about Probability Distributions and Graphs Normal Curve.
9. Understand probability, Principles of normal curve and Divergence from normality.
10. Construct Graphic Statistics (Line diagram, Bar diagram, Histogram, Frequency Polygon).

THEORY SYLLABUS (45 HOURS)**Unit I**

Introduction Meaning and Definition of Statistics. Function, need and importance of Statistics.

Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics.

Unit II

Data Classification, Tabulation, and Measures of Central Tendency Meaning uses and construction of frequency table. Meaning, Purpose, Calculation, and Advantages of Measures of central tendency Mean, median, and mode.

Unit III

Measures of Dispersions and Scales Meaning, Purpose, Calculation, and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, and Probable Error.

Meaning, Purpose, Calculation, and advantages of scoring scales

Unit IV

Probability Distributions and Graphs Normal Curve. Meaning of probability- Principles of normal curve Properties of the normal curve. Divergence from normality Skewness- and Kurtosis. Graphical Representation; -in-. Statistics: Line diagram, Bar diagram, Histogram, Frequency Polygon.

SUGGESTED READING-

1. Sivaramakrishnan.S.(2006)StatisticsforPhysicalEducation,Delhi;FriendsPublication
2. Dhinu, M. R. (2018). Applied Statistics in Physical Education and Sports. Friends Publications (India).
3. Shaw, D. (2018). Fundamental statistics in physical education & sports sciences.

SEMESTER-VII**BSc-PE-DSE-7(4)-503: RESEARCH METHODS IN PHYSICAL EDUCATION AND SPORTS**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-7(4)-503: RESEARCH METHODS IN PHYSICAL EDUCATION AND SPORTS	4	3	1	0	Class XII pass	NIL

Learning Objective: The student will gain knowledge about Research Methods of sampling, writing of Research Reports and analysis of the data through statistical techniques.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand Research (Nature, Unscientific vs. scientific methods of problem-solving, Ethical Issues in Research, Identification, and criteria in selecting a Research Problem, defining and delimiting problem and Literature review: Purpose, Literature search methods, steps of literature review, major literature sources.)
2. Develop an understanding of Sampling
3. Understand Survey by Questionnaire and survey by Interview
4. Compare different types of research methods
5. Prepare Research proposal and Organize Thesis report, Research article, oral and poster presentation, Table, figure and bibliography.
6. Understand different types of data
7. Calculate Measures of central tendency (mean, median, and mode), Measures of variability (range and standard deviation), correlation (Product moment correlation) and differences (Independent T-test)
8. Prepare graphs and chart.

THEORY SYLLABUS(45HOURS)**Unit 1 Introduction to Research in Physical Education (10 HOURS)**

1.1 Research: Nature, Unscientific vs. scientific methods of problem-solving, Ethical Issues in Research.

1.2 Identification and criteria in selecting a Research Problem, defining and delimiting the problem.

1.3 Literature review: Purpose, Literature search methods, steps of literature review, major literature sources.

1.4 Statistical concepts: Importance of statistics in Physical Education, ways to select a sample.

Unit 2 Research Methods (10 HOURS)

2.1 Sampling (Random, cluster, stratified)

2.2 Survey:- Survey by Questionnaire and Survey by Interview

2.3 Experimental Methods:- Relationship studies, Comparative Studies, and Control of experimental factors.

2.4 Instrumentation

Unit 3 Writing the Research Report (12 HOURS)

3.1 Research proposal

3.2 Organization of the Thesis Report

3.3 Research article, oral and poster presentation

3.4 Table, figure, bibliography.

Unit 4 Statistical Concepts in Research (13 HOURS)

4.1 Types of data

4.2 Measures of central tendency (mean, median, and mode), Measures of variability (range and standard deviation), numerical problems to be solved from raw data.

4.3 Tests for measuring correlation (Product moment correlation) and differences (Independent T-test), numerical problems to be solved from raw data, and plotting of graphs and chart.

SUGGESTED READINGS:

- Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi.
- Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications.
- Jones, I. (2015). Research methods for sports studies (3rd ed.). Routledge.

- Nelson, L., Groom, R., & Potrac, P. (2014). Research methods in sports coaching. Routledge.
- Sparkes, A. C., & Smith, B. (2014). Qualitative research methods in sport, exercise and health. Routledge.
- Thomas, J. R., Nelson, J. K., & Silverman, S. (2010). Research methods in physical activity (6th ed.). Human Kinetics.

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SEMESTER-VII

BSc-PE-DSE-8 (4)-504: ERGOGENIC AIDS AND DOPING IN SPORTS AND FITNESS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-8 (4)-504: ERGOGENIC AIDS AND DOPING IN SPORTS AND FITNESS	4	3	1	0	Class XII pass	Nil

Learning Objective:-To acquaint students with the knowledge of Ergogenic Aids and Doping in the field of Physical Education and Sports application performance and will gain knowledge about the use and abuse of these aids.

Learning Outcomes:

After completing the course, the students will be able to:

- 1 Understand Ergogenic Aids, their Classification, its' uses in sports and Effects on Performance and Health
- 2 Understand sports supplements, Use and abuse of supplements, performance effects and health risks
- 3 Identify commonly used Steroid Supplements, Banned Anabolic Steroids, Methods of Taking Steroids and Health Risks of Steroid Abuse
- 4 Learn about Amphetamines and side- effects of Amphetamines

- 5 Introduced to Doping and Classification of Doping
- 6 Learn the history of Doping and Aim behind Doping
- 7 Identify Banned Substances and Methods of Doping, IOC, FIMS, WADA, NADOs, RADOs

THEORY SYLLABUS (45 HOURS)

UNIT-I INTRODUCTION (9 Hours)

- 1.1 Introduction to Ergogenic Aids
- 1.2 Classification of Ergogenic Aids
- 1.3 Commonly used ergogenic aids in sports- Effects on Performance and Health
- 1.4 Banned or Regulated Ergogenic Aids

UNIT II SPORTS SUPPLEMENTS (8 HOURS)

- 2.1 Use and abuse of Vitamins, Amino Acids, Minerals, Herbs, and other Botanicals as supplements- Safe doses/Tolerable upper limits, effects on health and performance
- 2.2 Protein Supplements, Glucosamine, Ribose, Creatine, Glutamine- Safe doses/Tolerable upper limits, performance effects and health risks
- 2.3 Weight gain and Weight loss supplements- Use and abuse
- 2.3 Strategy to Evaluate Supplement Health Claims

UNIT-III STEROID SUPPLEMENTS (10 HOURS)

- 3.1 Commonly used Steroid Supplements
- 3.2 Banned Anabolic Steroids
- 3.3 Methods of Taking Steroids and Health Risk of Steroid Abuse
- 3.4 Amphetamines and side- effects of Amphetamines

UNIT-DOPING (11 HOURS)

- 4.1 Introduction to Doping and Classification of Doping
- 4.2 History of Doping and Aim behind Doping
- 4.3 Banned Substances and Methods of Doping
- 4.4 IOC, FIMS, WADA, NADOs, RADOs

Suggested Readings

- Jain, Rachna(2002), Sports Medicine, New Delhi: Khel Sahitya Kendra,.
- Beotra, Alka. (2011) Drug Education Handbook on Drug Abuse in Sports, 8th edition.
- The National Anti-Doping Agency (NADA) Anti-Doping Rules, 2021 Bare Act---- Latest 2024 EDITION by Universal's

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SEMESTER-VIII

UGCFC: B.SC. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (HONS.)

NEP-2020

B.Sc (PE, HE & S) Hons.

SEMESTER	COURSE	CONTENT /CREDITS *
VIII	Discipline Specific Course (DSC)	DSC-20 (4): Sports Management
	Discipline Specific Elective (DSE)	Choose three DSE (3X4) Courses OR Choose two DSE- (2X4) and one GE (4) Courses OR Choose one DSE (4) and two GE (2x4) Courses (total=12) DSE-9(4):601Game of Specialization II* (Teaching and Coaching) (Game to continue from Sem.VII) DSE-10(4): 602-Research Ethics in Physical Education and Sports DSE-11(4): 603- Adapted Physical Education DSE-12(4) 604-Adventure Sports
	Generic Elective (GE)	Choose one from a pool of courses (of other Departments) GE-8 (4)
	Ability Enhancement Course (AEC)	NONE
	Skill Enhancement Course (SEC)	NONE
	Internship/Apprenticeship/Project (2)	Dissertation on Major (6) <u>OR</u> Dissertation on Minor (7) <u>OR</u> Academic Project Entrepreneurship (8)
	Value Addition Course (VAC)	NONE
		Total Credits= 22

* (FIGURE IN BRACKETS DENOTE CREDITS)

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
UNIVERSITY OF DELHI

B.Sc. (Hons.) (Physical Education, Health Education and Sports)

SEMESTER- VIII
BSc-PE-DSC-20 (4): SPORTS MANAGEMENT

Course title& Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-20 (4): SPORTS MANAGEMENT	4	3	1	0	Class XII pass	Nil

Learning Objective:-The student learns to plan, organize & execute sports events.

Learning Outcome:

After completing the course, the students will be able to:

- Understand the concept of Sports Management, the Historical perspective of sports management in India, the Nature and scope of sports management
- Identify the Aims and objectives of sports management, and its significance in the present-day world
- Learn the skills of sports management,
- Identify Guiding principles of sports management, Leadership, resources, and Process of function of Sports Management
- Prepare Budget for sports
- Understand Job specification of sports manager in professional and state-regulated sports bodies
- Identify the procedure to purchase sports goods and equipment in the department of physical education
- Learn to fill stock entry, store and distribute
- Develop an understanding and knowledge of Planning, its Need and importance
- Identify the principle of planning
- Plan and Manage events

THEORY SYLLABUS (45 HOURS)

UNIT-I

(10HOURS)

- 1.1 Definition, Aim, and Objectives of Sports Management
- 1.2 Historical perspective of sports management in India
- 1.3 Nature and scope of sports management
- 1.4 Significance of sports management in the present-day world

UNIT-II (12 HOURS)

- 2.1 Guiding principles of sports management
- 2.2 Leadership
- 2.3 Identification of resources
- 2.4 Process of sports management (Planning, Organizing, Personnel/Staffing, Direction, Controlling, Coordination).

UNIT-III (12 HOURS)

- 3.1 Role of Sports coaches in sports management
- 3.2 Role of manager and profile of the manager.
- 3.3 Job specification of manager, physical education professional
- 3.4 Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution
- 3.5 Budgeting in sports- Meaning and definition of Budget, types of budgets, criteria of a good budget, procedure of preparing budget

UNIT-IV (11 HOURS)

- 4.1 Definition and meaning of planning
- 4.2 Need and importance of planning
- 4.3 Types of planning and Principles of planning
- 4.4 Steps involved in the planning process
- 4.5 Event Management- Organizational structure of local organizing committee (LOC), planning of the event, and steps for organizing an event.

SUGGESTED READING

- Kamlesh, M. L.(2000) Management Concept in Physical Education and Sport, New Delhi Metropolitan Book Co. Pvt. Ltd.,
- Chakraborty, D. (2007). Sports Management. Delhi: Prerna Prakashan.
- Krotee, M. l., & Bucher, C. A. (2010). Management of Physical Education and Sport. Tata McGraw Hill Education Private Limited.
- Morgan, D. J. (2009). Sports Marketing. New Delhi: Friends Publication 9.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

SEMESTER – VIII

CHOOSE THREE DSE (3X4) COURSES OR CHOOSE TWO DSE (2X4) AND ONE GE (4) COURSE OR CHOOSE ONE DSE (4) AND TWO GE (2X4) COURSES (TOTAL=12)

BSc-PE-DSE- 9 (4): 601

**Game of Specialization-II - Teaching and Coaching
(GAME TO BE CONTINUED FROM SEM VII)**

BSc-PE-DSE-9 (4)-601 (i):Athletics

BSc-PE- DSE-9 (4)-601 (ii):Badminton

BSc-PE- DSE-9 (4)-601 (iii):Basketball

BSc-PE- DSE-9 (4)-601 (iv):Cricket

BSc-PE- DSE-9 (4)-601 (v): Football

BSc-PE- DSE-9 (4)-601 (vi):Gymnastic

BSc-PE- DSE-9 (4)-601 (vii):Handball

BSc-PE- DSE-9 (4)-601 (viii):Hockey

BSc-PE- DSE-9 (4)-601 (ix):Judo

BSc-PE- DSE-9 (4)-601 (x):Kabaddi

BSc-PE- DSE-9 (4)-601 (xi):Kho-Kho

BSc-PE- DSE-9 (4)-601 (xii):Volleyball

BSc-PE- DSE-9 (4)-601 (xiii):Yoga

BSc-PE- DSE-9 (4)-601 (xiv) : Swimming

BSc-PE- DSE-9 (4)-601 (xv) :Wrestling

BSc-PE- DSE-9 (4)-601 (xvi) :Table Tennis

SEMESTER – VIII

Game of Specialization-II -Teaching and Coaching

BSc-PE-DSE-9 (4)-601(i):Athletics

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-II - Teaching and	4	2	0	2	Class XII pass	NIL

Coaching BSc-PE-DSE-9 (4)601(i):Athletics						
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Learning Objective: - The learner will be able to use the knowledge of athletics on the track and will have a command of the basic and advanced rules and regulations of marking the track and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Understand the concept of officiating and coaching in athletics, Importance and principles of officiating in athletics, Relation of official and coach with management, players and spectators,
- Improve the standards of officiating and coaching
- Understand the role of Coach as a Mentor, Duties of a coach in general, pre, during and post-game, Philosophy of coaching, Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
- Fulfill duties of official in general, pre-, during and post-game
- Understand Philosophy of officiating and Mechanics of officiating
- Follow the ethics of officiating in athletics,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in athletics
- Importance and principles of officiating in athletics
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in athletics

Unit- III: Duties of Official

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement, etc.
- Ethics of officiating in athletics

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in athletics
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental techniques- throws/jumps/track events (any three).
2. Prepare a teaching /coaching lesson plan on any two advanced techniques -throws/jumps/track events (any three).
3. Demonstration of various techniques related to throws/jumps/track events (any three)

SUGGESTED READINGS

- ChauhanVS(1999).Khel Jagat Mein Athletics. A.P.Pub,Jalandhar.
- BompaO.TudorandHalffG.Gregory.(2009)“PeriodizationTheoryandMethodology of Training” Human kinetics.NY.
- Handbook-RulesandRegulation.InternationalAthleticFederation(2010).
- Kumar,Pardeep.(2008).HistoricalDevelopmentofTrack&Field.FriendsPublication.NewDelhi
- Maughan,R. and Gluson, M.(2004).The Biomechanical Basics of Athletic Performance.Oxford University Press,U.K.
- VanaikA.(2017).OfficiatingandCoaching,FriendsPublication.NewDelhi.
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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University of Delhi, from time to time.

SEMESTER-VIII
Game of Specialization-II- Teaching and Coaching
BSc-PE-DSE-9 (4)-601(ii): Badminton

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Teaching and Coaching BSc-PE-DSE-9 (4)- 601(ii): Badminton	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Badminton on the court and will have a command of the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Understand the concept of officiating and coaching in badminton,
- Identify importance and principles of officiating in badminton
- Distinguish relation of official and coach with management, players and spectators
- Improve the standards of officiating and coaching
- Identify the role of Coach as a Mentor
- Understand duties of a coach/Officials in general, pre, during, and postgame, Philosophy of

- coaching/Officiating and mechanics of officiating
- Become responsible as a coach on and off the field
- Apply psychology of competition and coaching in Badminton
- Follow ethics of officiating in Badminton
- Identify eligibility rules of intercollegiate and inter-university tournaments.

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in badminton
- Importance and principles of officiating in badminton
- Relation of official and coach with management, players, and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre-, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in badminton

Unit- III: Duties of Official

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, and movement, etc.
- Ethics of officiating in badminton

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in badminton
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Bompa OTudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
- Brahms Bernd-Voler. (2010). Badminton Handbook. Mayer & Mayer Sports: UK. Unt-II, III & IV-p-9-14.
- Grice, T. (2007). Badminton: Steps to Success. 2nd Ed. Human Kinetics, USA.
- Gupta R. Kumar P. and Tyagi S. (2008). Textbook on Teaching Skill and Prowess (Part-I & II). Friends Publication. New Delhi.
- Singh, MK. (2007). Comprehensive Badminton. Friends Pub. New Delhi.
- Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER-VIII
Game of Specialization-II- Teaching and Coaching
BSc-PE-DSE-9 (4)-601(iii):Basketball

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-II- Teaching and Coaching BSc-PE-DSE-9 (4)- 601(iii):Basketball	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Cricket on the ground and will have a command on the basic and advance rules and regulations of marking the ground and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports.

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in basketball
- Importance and principles of officiating in basketball
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in basketball

Unit- III: Duties of Official

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, movement, etc.
- Ethics of officiating in basketball

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in basketball
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- Drewett, J. (2007). How to Improve at Basketball. Crab Tree Publishing Co., USA.
- Jain Naveen (2003). Play and Learn Basketball. Khel Sahitya Kendra. New Delhi.
- Singh, Hardayal. (1919). Science of Sports Training. DVSPublication, N. Delhi.
- Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, US.
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER-VIII**Game of Specialization-II- Teaching and Coaching****BSc-PE-DSE-9 (4)-601(iv): Cricket**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		

Game of Specialization-II- Teaching and Coaching BSc-PE-DSE-9 (4)- 601(iv): Cricket	4	2	0	2	Class XII pass	NIL
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Learning Objectives: - The learner will be able to use the knowledge of Cricket on the ground and will have a command of the basic and advanced rules and regulations of marking the ground and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Officiate and coach the game/sports
- Officiate in the sports/games
- Identifies Relation of official and coach with management, players and spectators
- Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
- Understand Philosophy of coaching
- Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
- Fulfill Duties of official in general, pre, during and post game,
- Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
- Inculcate Qualities and Qualifications of Coach and Official
- Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in cricket
- Importance and principles of officiating in cricket
- Relation of official and coach with management, players, and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in cricket

Unit- III: Duties of Official

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, and movement, etc.
- Ethics of officiating in cricket

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in cricket
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Humankine tics. NY.
2. Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
3. Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
4. Hobbs, J. (2008). The Game of Cricket As it should be played. Jepson Press, USA.
5. Singh, Hardayal. (1919). Science of Sports Training. DVSPublication, N. Delhi.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi
7. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
8. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER-VIII
Game of Specialization-II- Teaching and Coaching
BSc-PE-DSE-9 (4)-601(v): Football

Course title &Code	Credits	Creditdistributionofthe course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-II- Teaching and Coaching BSc-PE-DSE-9 (4)- 601(v): Football	4	2	0	2	Class XII pass	NIL

Learning Outcome:

After completing the course, the students will be able to:

1. Understand concept of officiating and coaching in football.
2. Identify Importance and principles of officiating in football
3. Distinguish Relation of official and coach with management, players, and spectators
4. Use measures of improving the standards of officiating and coaching.
5. Fulfill the role of Coach as a Mentor, Duties of a coach in general
6. Understand philosophy of coaching, Responsibilities of a coach on and off the field
7. Apply psychology of competition and coaching in football
8. Fulfill the duties of official in general
9. Understand philosophy of officiating, Mechanics of officiating
10. Follow Ethics of officiating in football
11. Identify eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
12. Prepare a teaching /coaching lesson planand Demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in Football
- Importance and principles of officiating in football
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in football

Unit- III: Duties of Official

- Duties of officials in general, pre-, during and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, and movement, etc.
- Ethics of officiating in football

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in football
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers New Delhi.
- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- S.C. (2007). Teach Yourself Kabaddi. Sports Mishra Publications, New Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER-VIII
Game of Specialization-II- Teaching and Coaching
BSc-PE-DSE-9 (4)-601(vi): Gymnastics

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-II- Teaching and Coaching BSc-PE-DSE-9 (4)- 601(vi): Gymnastics	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Gymnastics on the floor and will have a command on the basic and advance rules and regulations of marking the floor and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand concept of officiating and coaching in Gymnastics.
2. Identify Importance and principles of officiating in Gymnastics
3. Distinguish Relation of official and coach with management, players, and spectators
4. Use measures of improving the standards of officiating and coaching.
5. Fulfill the role of Coach as a Mentor, Duties of a coach in general
6. Understand philosophy of coaching, Responsibilities of a coach on and off the field
7. Apply psychology of competition and coaching in Gymnastics

8. Fulfill the duties of official in general
9. Understand philosophy of officiating, Mechanics of officiating
10. Follow Ethics of officiating in Gymnastics
11. Identify eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
12. Prepare a teaching /coaching lesson plan.

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in Gymnastics
- Importance and principles of officiating in Gymnastics
- Relation of official and coach with management, players, and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Gymnastics

Unit- III: Duties of Official

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, and movement, etc.
- Ethics of officiating in Gymnastics

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualification of coach and official in Gymnastics
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills

2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of techniques of Gymnastics (any three)

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers New Delhi.
- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
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- S.C. (2007). Teach Yourself Kabaddi. Sports Mishra Publications, New Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER-VIII
Game of Specialization-II- Teaching and Coaching
BSc-PE-DSE-9 (4)-601(vii): Handball

Course title &Code	Credits	Creditdistributionofthe course			Eligibility criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-II- Teaching and Coaching BSc-PE-DSE-9 (4)- 601(vii): Handball	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Handball on the ground and will have a command on the basic and advance rules and regulations of marking the ground and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand concept of officiating and coaching in Handball.
2. Identify Importance and principles of officiating in Handball
3. Distinguish Relation of official and coach with management, players, and spectators
4. Use measures of improving the standards of officiating and coaching.
5. Fulfill the role of Coach as a Mentor, Duties of a coach in general
6. Understand philosophy of coaching, Responsibilities of a coach on and off the field
7. Apply psychology of competition and coaching in Handball
8. Fulfill the duties of official in general
9. Understand philosophy of officiating, Mechanics of officiating
10. Follow Ethics of officiating in handball
11. Identify eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
12. Prepare a teaching /coaching lesson plan and Demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in Handball
- Importance and principles of officiating in Handball
- Relation of official and coach with management, players, and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre-, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Handball

Unit- III: Duties of Official

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, movement, etc.
- Ethics of officiating in Handball

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in Handball
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers New Delhi.
- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- S.C. (2007). Teach Yourself Kabaddi. Sports Mishra Publications, New Delhi.
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- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER-VIII
Game of Specialization-II- Teaching and Coaching
BSc-PE-DSE-9 (4)-601(viii):Hockey

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-II- Teaching and Coaching BSc-PE-DSE- 9 (4)601(viii):Hockey	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Hockey on the field and will have a command of the basic and advanced rules and regulations of marking the field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand concept of officiating and coaching in Hockey.
2. Identify Importance and principles of officiating in Hockey
3. Distinguish Relation of official and coach with management, players, and spectators
4. Use measures of improving the standards of officiating and coaching.
5. Fulfill the role of Coach as a Mentor, Duties of a coach in general
6. Understand philosophy of coaching, Responsibilities of a coach on and off the field
7. Apply psychology of competition and coaching in Hockey
8. Fulfill the duties of official in general
9. Understand philosophy of officiating, Mechanics of officiating
10. Follow Ethics of officiating in Hockey
11. Identify eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
12. Prepare a teaching /coaching lesson plan and demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in Hockey
- Importance and principles of officiating in Hockey
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Hockey

Unit- III: Duties of Official

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, and movement, etc.
- Ethics of officiating in Hockey

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in Hockey
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers New Delhi.
- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
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- S.C. (2007). Teach Yourself Kabaddi. Sports Mishra Publications, New Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.
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SEMESTER-VIII
Game of Specialization-II- Teaching and Coaching
BSc-PE-DSE-9 (4)-601(ix): Judo

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-II- Teaching and Coaching BSc-PE-DSE-9 (4)601(ix): Judo	4	2	0	2	ClassXII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Judo in the Dojo and will have a command of the basic and advanced rules and regulations of marking the Dojo and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand concept of officiating and coaching in Judo.
2. Identify Importance and principles of officiating in Judo
3. Distinguish Relation of official and coach with management, players, and spectators
4. Use measures of improving the standards of officiating and coaching.
5. Fulfill the role of Coach as a Mentor, Duties of a coach in general
6. Understand philosophy of coaching, Responsibilities of a coach on and off the field
7. Apply psychology of competition and coaching in Judo
8. Fulfill the duties of official in general

9. Understand philosophy of officiating, Mechanics of officiating
10. Follow Ethics of officiating in Judo
11. Identify eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
12. Prepare a teaching /coaching lesson plan and Demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in Judo
- Importance and principles of officiating in Judo
- Relation of official and coach with management, players, and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the Dojo
- Psychology of competition and coaching in Judo

Unit- III: Duties of Official

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement, etc.
- Ethics of officiating in Judo

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in Judo
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Dojo Marking and Dimension of the game in Judo

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers New Delhi.
- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- S.C. (2007). Teach Yourself Kabaddi. Sports Mishra Publications, New Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.
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SEMESTER-VIII

Game of Specialization-II- Teaching and Coaching
BSc-PE-DSE-9 (4)-601(x):Kabaddi

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-II- Teaching and Coaching BSc-PE-DSE-9 (4)- 601(x): Kabaddi	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Kabaddi on the court and will have a command on the basic and advance rules and regulations of marking the court and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand concept of officiating and coaching in Kabaddi
2. Identify Importance and principles of officiating in Kabaddi
3. Distinguish Relation of official and coach with management, players, and spectators
4. Use measures of improving the standards of officiating and coaching.
5. Fulfill the role of Coach as a Mentor, Duties of a coach in general
6. Understand philosophy of coaching, Responsibilities of a coach on and off the field
7. Apply psychology of competition and coaching in Kabaddi
8. Fulfill the duties of official in general
9. Understand philosophy of officiating, Mechanics of officiating
10. Follow Ethics of officiating in Kabaddi
11. Identify eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
12. Prepare a teaching /coaching lesson plan and demonstrate various techniques in kabaddi.

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in Kabaddi
- Importance and principles of officiating in Kabaddi
- Relation of official and coach with management, players, and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre-, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Kabaddi

Unit- III: Duties of Official

- Duties of officials in general, pre-, during and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, movement etc.
- Ethics of officiating in Kabaddi

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in Kabaddi
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various techniques in kabaddi (any three)

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers New Delhi.
- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- S.C. (2007). Teach Yourself Kabaddi. Sports Mishra Publications, New Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.

- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
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SEMESTER-VIII

Game of Specialization-II Teaching and Coaching
BSc-PE-DSE-9 (4)-601(xi): Kho-Kho

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-II Teaching and Coaching BSc-PE-DSE-9 (4)- 601(xi): Kho-Kho	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Kho-Kho on the ground and will have a command on the Teaching and Coaching of the subject.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand concept of officiating and coaching in Kho-Kho
2. Identify Importance and principles of officiating in Kho-Kho
3. Distinguish Relation of official and coach with management, players, and spectators
4. Use measures of improving the standards of officiating and coaching.
5. Fulfill the role of Coach as a Mentor, Duties of a coach in general
6. Understand philosophy of coaching, Responsibilities of a coach on and off the field
7. Apply psychology of competition and coaching in Kho-Kho
8. Fulfill the duties of official in general
9. Understand philosophy of officiating, Mechanics of officiating

10. Follow Ethics of officiating in Kho-Kho
11. Identify eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
12. Prepare a teaching /coaching lesson plan and demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in Kho-Kho
- Importance and principles of officiating in Kho-Kho
- Relation of official and coach with management, players, and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre-, during and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Kho-Kho

Unit- III: Duties of Official

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, and movement, etc.
- Ethics of officiating in Kho-Kho

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in Kho-Kho
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICALSYLLABUS (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills (any three)

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers New Delhi.
- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- S.C. (2007). Teach Yourself Kabaddi. Sports Mishra Publications, New Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
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SEMESTER-VIII
Game of Specialization-II- Teaching and Coaching
BSc-PE-DSE-9 (4)-601(xii): Volleyball

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-II- Teaching and Coaching BSc-PE-DSE-9 (4)-601(xii): Volleyball	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Volleyball on the court and will have a command of the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcome:
After completing the course, the students will be able to:

1. Understand concept of officiating and coaching in Volleyball.
2. Identify Importance and principles of officiating in Volleyball
3. Distinguish Relation of official and coach with management, players, and spectators
4. Use measures of improving the standards of officiating and coaching.
5. Fulfill the role of Coach as a Mentor, Duties of a coach in general
6. Understand philosophy of coaching, Responsibilities of a coach on and off the field
7. Apply psychology of competition and coaching in Volleyball
8. Fulfill the duties of official in general
9. Understand philosophy of officiating, Mechanics of officiating
10. Follow Ethics of officiating in Volleyball
11. Identify eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
12. Prepare a teaching /coaching lesson plan and demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in Volleyball
- Importance and principles of officiating in Volleyball
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Volleyball

Unit- III: Duties of Official

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, movement etc.
- Ethics of officiating in Volleyball

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in Volleyball
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game in Volleyball

PRACTICAL SYLLABUS (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills in Volleyball.

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers New Delhi.
- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- S.C. (2007). Teach Yourself Kabaddi. Sports Mishra Publications, New Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
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SEMESTER-VIII
Game of Specialization-II- Teaching and Coaching
BSc-PE-DSE-9 (4)-601(xiii): Yoga

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-II- Teaching and Coaching BSc-PE-DSE-9 (4)- 601(xiii): Yoga	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Yoga and will have a command on the basic and advance rules and regulations and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

1. Understand concept of officiating and coaching in Yoga
2. Identify Importance and principles of officiating in Yoga
3. Distinguish Relation of official and coach with management, players, and spectators

4. Use measures of improving the standards of officiating and coaching.
5. Fulfill the role of Coach as a Mentor, Duties of a coach in general
6. Understand philosophy of coaching, Responsibilities of a coach on and off the field
7. Apply psychology of competition and coaching in Yoga
8. Fulfill the duties of official in general
9. Understand philosophy of officiating, Mechanics of officiating
10. Follow Ethics of officiating in Yoga
11. Identify eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
12. Prepare a teaching /coaching lesson plan and demonstrate various Meditation, Shat Kriya

THEORY SYLLABUS (30 HOURS)

Unit- I: Introduction of Officiating and Coaching

- Concept of officiating and coaching in Yoga
- Importance and principles of officiating in Yoga
- Relation of official and coach with management, players, and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field of yoga
- Psychology of competition and coaching in Yoga

Unit- III: Duties of Official

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement, etc.
- Ethics of officiating in Yoga

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualifications of coach and official in Yoga
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of yoga sports

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various Meditation, Shat Kriya (any two)

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers New Delhi.
- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- S.C. (2007). Teach Yourself Kabaddi. Sports Mishra Publications, New Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher

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SEMESTER VIII**GAME OF SPECIALIZATION-II- TEACHING AND COACHING****BSc-PE-DSE-9 (4)-601(xiv): SWIMMING**

Course title &Code	Credits	Creditdistributionofthe course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
TEACHING AND COACHING BSC- PE-DSE-9 (4)- 601(xiv): SWIMMING	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will have knowledge of Swimming and will have a command of the basic and advanced rules and regulations of Swimming and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and

postgame

5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Swimming
- Importance and principles of officiating in Swimming
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of a coach in general, pre, during, and post game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the Pool Area
- Psychology of competition and coaching in Swimming

UNIT- III: Duties of Official (7 HOURS)

- Duties of officials in general, pre, during and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement, etc.
- Ethics of officiating in Swimming

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualifications of coach and official in Swimming
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Pool Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- 1.Jain. D. (2003). “Swimming Skills & Rules” Khel Sahitya Kendra, New Delhi, India
- 2.Hardy, Colin (1987) “Handbook for the Teacher Of Swimming” Pelham books ltd., London (U.K)
- 3.Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- 4.Thomas, David G., (2005). “Swimming STEPS TO SUCCESS” Human Kinetics, U.S.A
- 5.Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- 6.Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER VIII
GAME OF SPECIALIZATION-II- TEACHING AND COACHING
BSC-PE-DSE-9(4)-601(xv): WRESTLING

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- II- TEACHING AND COACHINGBSC- PE-DSE-9 (4)- 601(xv): WRESTLING	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Wrestling and will have a command on the basic and advance rules and regulations of Wrestling and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports
11. Prepare a teaching /coaching lesson plan
12. Demonstrate various attacking and defensive drills..

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Wrestling
- Importance and principles of officiating in Wrestling
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the Wrestling Ring
- Psychology of competition and coaching in Wrestling

UNIT- III: Duties of Official (7 HOURS)

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Wrestling

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualification of coach and official in Wrestling
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Marking and Dimension of the field/ring in Wrestling

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

1. Gable, D. (1999) “Coaching Wrestling Successfully” Human Kinetics, U.S.A
2. Camaione D. & Tillman K. (1980) “Teaching & Coaching Wrestling A Scientific Approach” John Wiley & Sons. Inc., U.S.A.
3. Kumar N. (2005) “Play & Learn Wrestling” Khel Sahitya Kendra, New Delhi, India.
4. Patwardhan G. (2002) “Coaching Successfully Wrestling” Sports Publication, Delhi.
5. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
6. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
7. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
8. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

SEMESTER VIII
GAME OF SPECIALIZATION-II- TEACHING AND COACHING
BSc-PE-DSE-9 (4)-601(xvi): TABLE TENNIS

Course title &Code	Credits	Creditdistributionofthe course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
TEACHING AND COACHING BSC- PE-DSE-9 (4)- 601(xvi): TABLE TENNIS	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Table Tennis on the court and will have a command of the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of

- competition and coaching in athletics
- 7. Fulfill Duties of official in general, pre, during and post game,
- 8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
- 9. Inculcate Qualities and Qualifications of Coach and Official
- 10. Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Table Tennis
- Importance and principles of officiating in Table Tennis
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of a coach in general, pre, during, and post game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Table Tennis

UNIT- III: Duties of Official (7 HOURS)

- Duties of officials in general, pre, during and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement, etc.
- Ethics of officiating in Table Tennis

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualifications of coach and official in Table Tennis
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- Jain D. (2001) “ Teaching& Coaching Table Tennis” Khel Sahitya Kendra, Delhi.
- Burn B. (1979) “ The Science of Table Tennis” S. Chand & Company ltd., N. Delhi.
- Jain D. (2003) “Table Tennis skills & Rules” Khel Sahitya Kendra, N. Delhi.
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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SEMESTER-VIII**BSc-PE-DSE-10(4)-602: RESEARCH ETHICS IN PHYSICAL EDUCATION AND SPORTS**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
BSc-PE-DSE-10(4)-602: RESEARCH ETHICS IN PHYSICAL EDUCATION AND SPORTS	4	3	1	0	Class XII pass	NIL

Learning Objective: The student will gain knowledge about Research ethics, plagiarism, and the philosophy of ethics.

Learning Outcome:

After completing the course, the students will be able to:

- Understand Philosophy, Ethics concerning science and research Intellectual honesty and research integrity
- Identify and avoid Scientific misconducts: Falsification, Fabrication, and Plagiarism (FFP)
- Identify Redundant publications: duplicate and over lapping publications.
- Prepare Research proposal, Organize Thesis report, Research article
- Prepare oral and poster presentation, Table, figure and bibliography.
- Follow Publication ethics best practices/Standards, sets initiatives and guidelines: COPE WAME etc., Conflicts of interest.
- Follow Publication ethics: definition, introduction, and importance, best practices/Standards setting initiatives and guidelines: COPE. WAME, etc., Conflicts of interest.
- Understands Publication misconduct: definition, concept, problems that lead to unethical behavior and vice-versa, types of Violation of publication ethics, authorship and contributor-ship
- Identify publication misconduct, complaints and appeals Predatory publishers and journals

THEORY SYLLABUS (45 HOURS)**UNIT I: PHILOSOPHY AND ETHICS**

- 1.Introduction to Philosophy: definition, nature and Scope, Concept Branches
2. Ethics: definition, moral philosophy, nature of moral judgments ,and reaction

UNIT II: SCIENTIFIC CONDUCT

- 1.Ethics concerning science and research
- 2.Intellectual honesty and research integrity
- 3.Scientific misconducts: Falsification, Fabrication, and Plagiarism(FFP)
- 4.Redundant publications: duplicate and overlapping publications, salami slicing
- 5.Selective reporting and misrepresentation of data.

UNIT III: PUBLICATION ETHICS

- 1.Publication ethics: definition, introduction, and importance
- 2.Bestpractices/Standards setting initiatives and guidelines: COPE. WAME, etc.,
- 3.Conflict of interest

UNIT IV:PUBLICATION MISCONDUCT

1. Publication misconduct: definition, concept, problems that lead to unethical behavior and vice-versa.
2. Violation of publication ethics, authorship, and contributorship
3. Identification of publication misconduct, complaints, and appeals
4. Predatory publishers and journals

Suggested Readings:

- Bird,A.(2006).PhilosophyofScience.Routledge
- MacIntyre,Alasdair(1967)AShort HistoryofEthics.London
- P.Chaddah,(2018)EthicsinCompetitiveResearch:DonotgetScooped; donotgetPlagiarized,ISBN:978-9387480865
- National Academy of Sciences, National Academy of Engineering, and Institute of Medicine.(2009). OnBeingaScientist: AGuideto responsibleconduction of Research:ThirdEdition,National AcademiesPress.
- Resnik,D.B.(2011)Whatisethicsinresearch&whyisitimportant.NationalinstituteofEnvironmentalHealth Science, 1-10 Retrieved from<https://www.niehs.nih.gov/research/resources/bioethics/whatis/index.cfm>
- Beall, J: (2012) Predatory publishers are corrupting open access. Nature, 489(7415), 179-179.<https://doi.org/10.1038/489179a>
- Indian National ScienceAcademy(INSA),EthicsinScienceEducation,ResearchandGovernance(2019)ISBN:9

78-81-939482-1-7.http://www.insaindia.res.in/pdf/Ethics_Book.pdf.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

SEMESTER-VIII

BSc-PE-DSE-11 (4)-603: ADAPTED PHYSICAL EDUCATION

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-11 (4)-603: ADAPTED PHYSICAL EDUCATION	4	3	1	0	Class XII pass	NIL

Learning Objective:-Students will be educated with the knowledge and importance of adapted physical education with the help of Physical exercises and Sporting activities, which will be beneficial for abled persons.

Learning Outcome:

After completing the course, the students will be able to:

- Identify role of physical education in adapted physical education.
- Understand changing concept of disability
- Understand behavioral problems associated with Disability
- Understand Guiding principles for the adapted physical education program (AAHPERD Principle)
- Understand Co-curricular activities for the disabled, outdoor programs for the disabled, and adventure-based outdoor programs

THEORY SYLLABUS (45 CREDITS)

UNIT – I- INTRODUCTION TO ADAPTED PHYSICAL EDUCATION

- 1.1 Meaning, definitions, Aims and objectives
- 1.2 Need and importance.

1.3 Role of physical education in adapted physical education.

1.4 Brief historical review of adapted physical education.

UNIT-II- CLASSIFICATION OF DISABILITY

2.1 Changing concept of disability handicaps, retardation, physically and mentally challenged.

Physical disability, Characteristics, and Category. Functional limitation, General causes.

2.2 Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes, Hearing and speech impairment. Characteristics, Category, Functional limitation, General causes, Visual impairment, Characteristics, Category, Functional limitation, General causes.

2.3 Other disabled conditions. Behavioral problems associated with disability, Adjustment problems, Emotional problems, Personality problems, social problems, social stigma, Discrimination, and Social Rejection

UNIT-III- ADAPTED PHYSICAL EDUCATION PROGRAMMES

3.1 Guiding principles for adapted physical education program (AAHPERD Principle).

Physical education program for the disabled of elementary school, middle school, and high school.

3.2 Specially adapted program for various types and categories of physical disability. Regular physical activity Informal games and special activities, Informal and formal competitions.

3.3 Specially adapted program for hearing and speech impairment, visual impairment, mental retardation, and learning impairment. Regular physical activity, Informal games, and special activity, Informal and formal competitions.

UNIT-IV-ACTIVITIES FOR DISABLED

1.1 Co-curricular activities for the disabled, outdoor programs for the disabled and adventure-based outdoor programs for Creative development and hobby & culture development programs. Aquatic activity program for disabled Importance of activity for disabled.

1.2 Nature of aquatic activity programme based on types of various disabilities and rehabilitative role and importance of aquatic activity Rehabilitation,

1.3 Aims and objectives of rehabilitation, meaning of functional and occupational rehabilitation Importance of adapted program in rehabilitation. Functional rehabilitation, psychological rehabilitation – adjustment, environmental and personality development, and legislative approach

SUGGESTED READINGS:

1. C, Blauwet, (2007). Promoting the Health and Human Rights of Individuals with a Disability through the Paralympic Movement. (ICSSPE,) at 21. (Blauwet- Promoting the Health).
2. K, DePauw & S. Gavron, (2005). Disability and Sport. (2nd Ed) Illinois: Human Kinetics.
3. R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.: World Bank,).
4. Sport England (2000) Young People with a Disability and Sport. London: Sport England.
5. A. (2003). Adapted Physical Education. New Delhi.
6. Varghese, S. (2006). Adapted Physical Education. Delhi: Sports Publication.

SEMESTER-VIII**BSc-PE-DSE-12 (4)-604: ADVENTURE SPORTS**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-12 (4)-604: ADVENTURE SPORTS	4	3	1	0	Class XII pass	NIL

Learning Objective- It aims to develop an understanding of adventure sports, its classification, and new trends in adventure sports, training institutes, governing bodies, and scope in adventure sports.

Learning Outcome:

After completing the course, the students will be able to:

1. understand the concept of adventure sports and its types.
2. understand the historical development of adventure sports.
3. Distinguish between adventure and other sports
4. Identify fear and its role
5. Classify and identify the Training and its Institutes, Federations and Associations.
6. Understands Rules, Protocols, Standards, and guidelines in adventure sports, and recognize and distinguish the functional operations of national and international federations.

THEORY SYLLABUS (45 HOURS)

Unit – I: Introduction to Adventure Sports

- Definitions and meanings of adventure sports
- Classification of adventure sports
- History and development of adventure sports
- Understanding weather, terrain, and geology for adventure sports
- Understanding navigation for adventure sports

Unit – II: Realization of fear, risk and their management

- Fear factor due to adventurous activity and its management
- Type of hazards and possible solutions for hazards
- Rational approach to safety
- Different types of Extreme Sports and risks involved

Unit – III: Training Institutes and Governing Bodies

- National and international governing and regulating bodies into adventure sports
 - Different recognized training institutes in the field of Adventure sports, and their courses
 - Different national and international federations and associations for adventure sports
 - Membership criterion for these federations and associations
 - Rules, regulations and guidelines
 - No competition and competition in adventure sports

Unit – IV: Scope in Adventure Sports

- Different levels in non-competitive adventure sports
 - Recreational
 - Professional
 - Extreme Adventure
- Different levels in competitive adventure sports
 - Recreational
 - Professional
 - Competitive
- Equipment sales and maintenance

SUGGESTED READINGS

- Adventure Sports Coaching, Routledge 2015
- Barton, (2006) Safety, Risk and Adventure in Outdoor Activities, Sage Publications
- Bob Stremba and Christian A Bisson, (2009) Editors, Teaching Adventure Education Theory: Best Practices, Human Kinetics,
- Fritz Allhoff, (2010) Climbing: Because It's There, John Wiley & Sons
- Mark Wagstaff , Aram Attarian, (2009) Technical Skills for Adventure Programming: A Curriculum Guide, Human Kinetics Publishers
- Matt Berry and Charis Hodgson, (2011) Adventure Education: An Introduction, Taylor & Francis
- Nick Draper Chris Hodgson, Adventure Sport Physiology, John Wiley & Sons Inc R. James Sibthorp, Alan Ewert, (2014) Outdoor Adventure Education, Human Kinetics Publishers