

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
UNIVERSITY OF DELHI

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

SEMESTER- V

BSc-PE-DSC-13(4):Organization and Administration 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		
Organization and Administration in Physical Education and Sports	4	3	1	0	Class XII pass	Nil

Learning Objective: -The learner will acquire knowledge and understanding with applications and skills in **Organization and Administration in Physical Education and Sports** in real-life situations.

Learning Outcomes:-

The learner will learn and understand the scope and importance of Organization and Administration in physical education and sports, qualification and Responsibilities of Physical Education teacher and pupil leader.

The learner will acquire the knowledge about Components of Organizations and Administration. They would learn about the meaning functions, and principles of planning staffing, directing, communicating, co-ordination, controlling, evaluating, and innovating.

The learner will be equipped with the skill of budget making by acquiring knowledge of Budget Making and Maintenance of Records and Registers, Budget: Meaning, Importance of Budget making, Criteria of a good Budget, Sources of Income, Expenditure, and Preparation of Budget. Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record.

The learner will be able to manage Sports Facilities & Equipment by gaining knowledge about Facilities and equipment management: Types of facilities Infrastructure-indoor, outdoor. They will be able to take care of the school building, Gymnasium, swimming pool, Play fields, and Playgrounds.

The learner will attain skills to organize Competitions, extra-murals, intra-murals, and athletic meets.

THEORY SYLLABUS (45 hours)

Unit – I: Introduction to Organization and Administration & Organization Structure in Sports (15 Hours)

- 1.1 Meaning, Scope, and importance of Organization and Administration in physical education and sports
- 1.2 Qualification and Responsibilities of Physical Education teacher and pupil leader
- 1.3 Analysis of Sports organizations (Local, National, International)
- 1.4 Governing Bodies and Their Functions
- 1.5 Club structure and affiliation & Steps to Develop Academy/Club/ Coaching Centers.

Unit- II: Budget Making and Maintenance of Records and Registers (10 Hours)

- 2.1 Budget: Meaning, Importance of Budget Making,
- 2.2 Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget for Sports Organizations.
- 2.3 Records and Registers: Maintenance of attendance Register, stock register, cash register, and physical efficiency record.

Unit-III: Management of Sports Facilities & Equipment Management (10 Hours)

- 3.1 Facilities and equipment management: Types of facilities, infrastructure-indoor, outdoor
- 3.2 Care of school building, Gymnasium, swimming pool, Play fields, Playgrounds
- 3.3 Equipment: Determining supply and equipment; Guidelines for Purchasing supply of equipment; Store Keeping; Care and maintenance.

Unit-IV: Competition Organization (10 Hours)

- 4.1 Importance and Types of Tournaments
- 4.2 Organization Structure of Athletic Meet
- 4.3 Sports Event- Intramurals & Extramural Tournament planning

References:

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic program: A Managerial Approach.
2. New York: Prentice Hall Inc. Bucher, C. A. (1983). Administration of Physical Education and Athletic program.
3. St. Louis: The C.V. Mosby Co. Kozman, H.C. Cassidy, R. & Jackson, C. (1960).
4. Methods in Physical Education. London: W.B. Saunders Co. Pandey, L.K. (1977).
5. Methods in Physical Education. Delhi: Metropolitan Book Depot. 2 years B.P.Ed Curriculum | 27 Sharma, V.M. & Tiwari, R.H.: (1979).
6. Teaching Methods in Physical Education. Amaravati: Shakti Publication. Thomas, J. P. (1967).
7. Organization & administration of Physical Education. Madras: Gyanodayal Press. Tirunaryanan, C. & Hariharan, S. (1969).
8. Methods in Physical Education. Karaikudi: South India Press. Voltmer, E. F. & Esslinger, A. A. (1979).
9. The organization and administration of Physical Education. New York: Prentice Hall Inc

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

Semester-V

B.Sc-PE-DSC 14(4): FUNDAMENTALS OF SPORTS NUTRITION

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
FUNDAMENTALS OF SPORTS NUTRITION	4	3	1	0	Class XII pass	NIL

Learning Outcome: - The student would be able to apply the knowledge of nutrition in day-to-day life and sports and training. Such core knowledge and skills help to create a strong foundation to engage human subjects of all ages, sexes, and abilities.

Learning Objectives:- The student will -

Learn the basic concepts in nutrition & nutrients, the significance of their sources & function requirements in normal health conditions,

Acquire knowledge about Energy metabolism, RMR, energy expended on physical activity, and TEF. Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; Concept of energy balance in maintaining weight.

Be acquainted with the knowledge of Basic food groups, the Concept of a balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, pre-event meal, during event and post-event meal.

Gain knowledge of the concept of Fluids in sports- about Hypotonic, Isotonic, and Hypertonic drinks. Symptoms and prevention of dehydration. Attain weight management skills The Student will also gain knowledge of eating disorders in Sports Persons, Female athletic triad, and Sports anemia; Nutrients as ergogenic aids for sports and exercise, Supplements and their role in sports.

THEORY SYLLABUS: 45 Credits

Unit-I (12 Hours)

- 1.1 Introduction to basic concepts in nutrition-Nutrients of physiological significance their sources & functions,
- 1.2 Basic food groups, Concept of a balanced diet.
- 1.3 Nutritional requirements- Introduction to Estimated Energy Requirements (EAR) and Recommended Dietary Allowances for Indians (RDA). Concept of Tolerable Upper Limit.
- 1.4 Basic Dietary Guidelines for Indians for good health and prevention of diseases.

Unit-II (7Hours)

- 2.1 Energy Metabolism- Definition, catabolic and anabolic reactions.
- 2.2 Energy components of Energy Expenditure-BMR, RMR, Energy Expended on Physical Activity, and TEF.
- 2.3 Energy requirements of specific sports groups, Energy cost of activities, Energy systems used in different sports, Energy substrate for activities of different intensity and duration;
- 2.4 Concept of energy balance in maintaining body weight.

Unit-III (12 Hours)

- 3.1 General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, and the elderly.
- 3.2 Nutritional and dietary modifications for body weight and body composition management
- 3.2 Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, and competition including pre-event meals, during the event, and post-event meal.

Unit-IV (14Hours)

- 4.1 Importance of hydration and fluid balance in physical activity and sports, Symptoms, and prevention of dehydration, Types of sports drinks - Hypotonic, Isotonic, and Hypertonic drinks.
- 4.2 Nutrition-related problems in sports persons- Eating disorders, Sports anemia, Female athletic triad (FAT) Relative energy deficiency syndrome (RED-S) and
- 4.3 Nutrients as supplements and ergogenic aids for sports and exercise

SUGGESTED READINGS

1. Dietary Guidelines for Indians (2024). ICMR/NIN Publication
2. ILSI- India, NIN, SAI. Nutrition and hydration Guidelines for excellence in sports performance; 2007
3. Caliendo Mang Alica (1981). Nutrition and Preventive Health Care McMillan Publication
4. Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.
5. Brown Judith E (2002). Nutrition Now. Canada Pub. Peter Marshal

6. R Chadha and P Mathur.(2015) Nutrition: A Lifecycle Approach. ISBN-13: 978-8125059301. The Orient Blackswan. Co.
7. Clark, N. (2008). Sports Nutrition. 4th Ed. Human Kinetics, USA.
8. Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.
9. Finic HH et al (2006), Practical Applications in Sports Nutrition J & B Publisher, USA.
10. Lal PR (2009) Handbook of Sports Nutrition, Friends Publication.
11. McArdle, W.d. & Katch, V.L. (2008). Sports and Exercise Nutrition. 3rd Ed. Lippincott Williams and Wilkins, USA.
12. Meyer, D.E.L. (2006). Vegetarian Sports Nutrition. Human Kinetics Publishers, USA.
13. Whitney E. and Rolfes S.R. (2005). Understanding Nutrition. Thomson Wadsworth. Belmont.California. U.S.A
14. Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.

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SEMESTER-V

B.Sc-PE-DSC -15 4(4)-: ATHLETIC CARE AND REHABILITATION

<u>Learning Objective</u>	Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
			Lecture	Tutorial	Practical / Practice		
e:-To acquaint	ATHLETIC CARE AND REHABILITATION	4	3	0	1	Class XII pass	NIL

to students with the knowledge of Athletic Care and Rehabilitation training principles and their application in enhancing the sports performance.

Learning Outcome:-The Students will be able to apply training principles in developing various exercise program and improving sports performances.

1. The students will learn about Meaning and definition of related terminologies and aim, objectives and scope of ACR/SM. They will also understand the Principles of care and rehabilitation and Role of physical educators in athletic care and Rehabilitation
2. The students will be acquainted with meaning and definition of sports injuries, its classifications and causes and reasons.
3. The students will apprehend knowledge of Prevention And Management Of Sports Injuries and its Importance . They will be able to Identify the Risk Factors of Sports Injuries and will learn the Steps for Preventing Sports Injuries – Training Strategies and Equipment Recommendations
4. The students will understand Rehabilitation Modalities and First Aid and Safety Procedures in Playfield and Gym
5. The students will know the management of sports specific injuries with special emphasis on the specific risk factors, prevention, and management with respect to various sporting events. They will also be provided with the knowledge of Prevention and Management of Health issues in different climatic conditions.

6. Practically the students will be acquainted with CPR (Cardio Pulmonary Resuscitation) and First Aid for Soft tissue, bone & joint injuries, as various Therapeutic Modalities, Principles, and Equipment used for the purpose. They will also learn Exercise therapy in rehabilitation

THEORY SYLLABUS: 45 Credits

UNIT-I: INTRODUCTION(9 Hours)

- 1.1 Meaning and definition of related terminologies- Athlete, fitness, wellness, performance, Care, Rehabilitation, Sports, Medicine, Sports Medicine
- 1.2 Aim, objectives, and scope of ACR/SM
- 1.3 Principles of care and rehabilitation
- 1.4 Role of physical educators in athletic care and Rehabilitation

UNIT- II: SPORTS INJURIES (8 HOURS)

- 2.1 Introduction, meaning and definition
- 2.2 Various classifications of sports injuries
- 2.3 Causes and Reasons of Sports Injuries

UNIT-III PREVENTION AND MANAGEMENT OF SPORTS INJURIES (10 HOURS)

- 3.1 Importance of Prevention of Sports Injuries
- 3.2 Identification of Risk Factors of Sports Injuries
- 3.3 Steps for Preventing Sports Injuries – Training Strategies and Equipment Recommendations
- 3.4 Introduction to Rehabilitation Modalities and First Aid. Exercise therapy in rehabilitation
- 3.5 Safety Procedures in Playfield and Gym

UNIT- IV MANAGEMENT OF SPORTS-SPECIFIC INJURIES

- 4.1 Sports-specific injuries- acute and chronic, with special emphasis on the specific risk factors, prevention, and management concerning various sporting events-
 - a. Individual events: Field & Track Events
 - b. Team events: Hockey, Cricket, and Football
 - c. Combat sports
 - d. Water sports
- 4.2 Prevention and Management of Health issues in different climatic conditions: Heat-related injuries – Heat stroke, Heat exhaustion & Cold related injuries – Frostbite – Hypothermia – Altitude Sickness.

PRACTICALS (30 HOURS)

1. CPR (Cardio Pulmonary Resuscitation) and First Aid for Soft tissue, bone & joint injuries (10 HOURS)
2. Therapeutic Modalities, Principles and Equipment used for (12 HOURS)
 - (i) Cryotherapy
 - (ii) Thermotherapy
 - (iii) Electrotherapy
 - (iv) Hydrotherapy
 - (v) Massage
3. Exercise therapy (8 HOURS)
 - 3.1 Isometric exercise
 - 3.2 Isotonic exercise

REFERENCES

- Davies, J. E., Essentials of Sports Medicine, New Delhi, 1986.
- Ellison, A. E. and others, Athletic Training & Sports Medicine, American Academy, 1984.
- Eriksson, B. O. [et al.], Sports Medicine, Great Britain: Guinness Pub., 1990.
- Irvin, R. and others, Sports Medicine, USA: Allyn and Bacon, 1998.
- Jain, Rachna, Sports Medicine, New Delhi: Khe Sahitya Kendra, 2002.
- Khanna, G. L. & Jayprakash, C. S., Exercise Physiology & Sports Medicine, Lucky, 1990.
- Khanna, G. L., Exercise Physiology & Sports Medicine, Lucky Enterprises, 1990.
- Kom i, P. V., Encyclopaedia of Sports Medicine, Blackwell, 1992.
- Pande, P. K., Sports Medicine, New Delhi; Khe Sahitya Kendra, 1998.
- Pandey, P. K., Outline of Sports Medicine, Delhi: J. P. Brothers, 1987.
- Prentice, W. E., Therapeutic Modalities in Sports Medicine, Times Mirror, 1990.
- Renstrom, Encyclopaedia of Sports Medicine, Blackwell, 1993.
- Roy and Irvin, Sports Medicine, New Jersey: Prentice-Hall, 1983.
- Shephard, R. J., Yearbook of Sports Medicine, Mosby Yearbook, 1990.
- Shephard and Astrand, Encyclopaedia of Sports Medicine, Blackwell, 1992.
- Shephard, R. J. & Astrand, P. O., Encyclopedia of Sports Medicine, Blackwell, Sc. Pub., 1992
- Torg, J. S. and others, Current Therapy in Sports Medicine, New Delhi, 1996.
- Vijay Ed., Handbook of Sports Medicine, Delhi: Friends Pub, 2001.

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DSE-3(4):GAME OF SPECIALIZATION I (Choose any from the already opted-in Semester I to Semester IV as DSC/DSE)

BSc-PE-DSE-3(4)-301 (i):ATHLETICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
ATHLETICS	4	2	0	2	ClassXII pass	NIL

Learning Outcome: - 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 Objectives:- The student will get the knowledge of-

1. Technical preparation, Marking, construction and maintenance of Track & Field, Physical, physiological, psychological and sociological characteristics of athletes, 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
2. General training for children, Training for beginners, Training for intermediate players(advanced

sportspersons) Training for seniors (high performance sportspersons) Safety measures and prevention of injuries, Management of injuries Causes and remedies of injuries Physiotherapy, rehabilitation and massage

3. Structure and organization of the athletics meet Budgeting, purchase of equipment Preparation, execution and conclusion of the respective events Protocols and ceremonies
4. Meaning, definition, classification and components of nutrition Energy requirements of athletes in specified events Nutritional requirements of athletes: pre, during and post competition phases Electrolytes – sports drinks, minerals and supplements: pre, during and post competition.

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. Propose to organize an athletic meet

REFERENCES

- 1. Chauhan, B.S., Khel Jagat Mein Athletics, Jalandhar : A.P. Pub., 1999.
- 2. Evans, D.A., Teaching Athletics, London : Hodder, 1984.
- 3. Fox, E.L., Physiological Basis of Physical Education and Athletics, Brown Pub., 1989.
- 4. Frost, R.B. and others, Administration of Physical Education and Athletics, Delhi : Universal Book,
- 5. 1992.
- 6. Gothi, Ekta, Teaching & Coaching Athletics, ND : Sport Pub., 1997.
- 7. Knight, T. and Troop, N., Sackville Illustrated Dictionary of Athletics, Jackvillie, 1988.
- 8. Knigt, T., Athletics, Backville Book, 1988.
- 9. Renwick, G.R., Play Better Athletics, Delhi: Sports Pub., 2001.
- 10. Shri Vastav, Abhay Kumar, Athletics, S & S Parkashan, 1997.
- 11. Singh, Granth, Track and Field Athletics, Delhi: Ashoka, 1998.
- 12. Thani, Lokesh., Skills and Tactics Track Athletics, Delhi : Sports Pub., 1995.
- 13. Thani, Y. ed., Encyclopedia of Athletics, Delhi, Gian Pub, 1991.
- 14. Turbbull, S., Sports Views Guide Athletics, London : David & Charles, 1989.
- 15. Warden, P., Take Up Athletics, Springfield Books Ltd., 1990.
- 16. Weaver, T., Personal Best : Athletics, London : WillionmColliv ., 1988.

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Semester V
BSc-PE-DSE-3 (4)-301 (ii):BADMINTON

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

Learning Outcome: - 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 Objectives:- The student will get the knowledge of-

1. Training of motor components Technical preparation – reflexes, perceptual sense, neuro-muscular coordination Construction and maintenance of badminton court, equipment etc. Physical, Physiological, and Psychological preparation 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
2. Systematizing training process for badminton players – general warming-up, specific warming-up and cooling-down Supplementary exercises, basic skills, weight-training and circuit-training Training for beginners, Training for intermediate players - advanced sportspersons, Training for seniors - high-performance sportspersons. Prevention of injuries and Safety measures. Specific injuries in Badminton and their causes, Management of injuries, and Rehabilitation of injured players
3. Planning for the competition Selection of men, material, and management Concluding the competition – submission of accounts, preparing report Protocols and ceremonies
4. Meaning, definition, classification and components of nutrition Energy requirements of badminton players Nutritional requirements of badminton players: pre, during and post competition phases Minerals Sports drinks: pre, during, and post competition

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

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.

REFERENCES

1. Ashok Kumar, Badminton, New Delhi Discovery, 2003.
2. Ballou, Palph B., Teaching Badminton, India, 1982.
3. Bloss, M.V & Hales, R.S., Badminton, WC Brown, 1994.
4. Davis, Pat, Badminton, S.A. David & Charles Inc., 1988.
5. Downey, J., How to Coach Badminton, London: Collins Pub., 1990.
6. Jain, Deepak, Teaching and Coaching – Badminton, Delhi: Khel S.K., 2001.
7. Kumar, Ashok, Badminton, Delhi: Discovery Pub., 1999.
8. Narang, P., Play and Learn Badminton, Khel Sahitaya Kendra, 2005.
9. Singh, M.K., A to Z Badminton, New Delhi, Friends Pub., 2006.
10. Singh, M.K., Comprehensive Badminton, N.D. Friends Pub., 2007.

11. Talbot, Derlk, Top Coach Badminton, Britain: Q.A. Press, 1989.

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Semester-V

BSc-PE-DSE-3 (4)-301 (iii):BASKETBALL

Coursetitle & Code	Credits	Credit distribution of the course	Eligibility criteria	Pre-requisite of the course (if any)
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		Lecture	Tutorial	Practical / Practice		
BASKETBALL	4	2	0	2	ClassXI I pass	NIL

Learning Outcome: -
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 Objectives:- The student will get the knowledge of-

1. Organization-Selection of a team and conduct of a camp, Playfield technology- planning, construction and maintenance of a basketball court Conduct of a tournament, Short-term and long-term planning for organization of a competition Report writing, photography, analysis and commentary Evaluation of players performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents
2. Prerequisites of preparation and training Preparation, pre-contact movement, contact Teaching progression, Coaching points, Drills for skill development (any five), Defense patterns and drills (zone and man - -mandrills), Lead games for beginners in basketball, Teaching of basketball skill - preparing a lesson plan, Tactical application. Development of motor components with specific reference to basketball, Specific training methods for different positions Development of basketball-specific fitness components
3. Selection of a team and conduct of a camp. Playfield technology-planning, construction, and maintenance of Basketball Court. Conduct of a Tournament Short-Term and Long-Term Planning for the organization of a competition. Report writing, photography, analysis and commentary.
4. 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 Evaluation of team performance – observation techniques, statistical techniques, scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I PERFORMANCE ASSESSMENT 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-planning, construction, and maintenance of Basketball Court.

3.3 Conduct of a Tournament

3.4 Short-Term and Long-Term Planning for 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 – AAHPERDD, 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. Ambler, V., How to Play Basket Ball, Delhi: Paper Balls, 1984.
2. Jain, Naveen Play and Learn Basket Ball, Khel Sahitya Kendra, New Delhi-2003
3. Nat B. B Conditioning Coaches Association, NBA Power Conditioning, Human Kinetics, 1997
4. Pruitt, Jim, Play Better Basket Ball, Great Britain: Matchplan Books, 1983.
5. Prutti, Jim, Play Better Basket Ball, Matchplay Books, 1984.
6. Sharma O.P. Basket Ball Skills and Rules, Khel Sahitya Kendra Delhi-2003
7. Thani, Lokesh, Skills & Tactics of Basket Ball, ND: Sport Pub., 1995.
8. Thani, Yograj, Coaching Successfully Basket Ball, Sports Publisher, Delhi-2002.

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Semester V
BSc-PE-DSE-3 (4)-301 (iv):CRICKET

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

Learning Outcome: -
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 Objectives:- The student will get the knowledge of-

1. Evaluation of players" performance during matches Video-analysis of skills and techniques, importance of a third umpire Assessment of prospective opponents
2. Prerequisites of preparation and training Theory of cricket training process Lead-up games for beginners in cricket, Teaching of cricket skill - preparing a lesson Plan Development of motor components with specific reference to cricket, Specific training methods for different positions (slip catching, close fielding, fast bowling) Development of cricket specific fitness components
3. Selection of a team and conduct of a camp Short-term and long-term planning Playfield technology - planning, construction and maintenance of the cricket field Conduct of a Tournament, short term and longterm planning for organization of a competition Report writing, photography, analysis and commentary
4. Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPHER 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 – observation techniques, statistical techniques, scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I PERFORMANCE-RELATED ASSESSMENT

- 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 charts

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, organize intramurals in the institution, organizing camping, scouting & giving commentary, coaching lesson-5 (five) Internal lessons.

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2. Amarnath, Mohinder, Learn to Play Good Cricket, ND: Ubspd, 1996.
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4. Brown, The Pictorial History of Cricket, Hong Kong, 1988.
5. Chugh, G.D., Laws of Cricket, N.D. D.V.S.Pub., 1993.
6. Dellor, R., How to Coach Cricket, London: Mandola, 1990.
7. Jain, R., Play and Learn Cricket, New Delhi: K.S.K, 2003.
8. Kutty, S. K., Fielding Drills in Cricket, New Delhi: K.S.K, 2003.
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11. Rachna, Jain, Play & Learn Cricket, Khel Sahitaya Kendra, 2005.
12. Rice P., How to Play Cricket, London: Guinness, 1988.
13. Sharangpani, R.C., Fitness Training in Cricket, Bombay: Marine Sports, 1992.
14. Sharma, Prahlad, Cricket, Jaipur: Shyam Prakashan, 2003.
15. Swpnronobe, E.W., Barclays World of Cricket, London, Willow Book, 1986.
16. Thani, Vivek, Coaching Cricket, ND: Khel Sahitya, 1998.

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

Semester-V
BSc-PE-DSE-3 (4)-301 (v):FOOTBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
FOOTBALL	4	2	0	2	ClassXI I pass	NIL

Learning Outcome: -

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 Objectives:- The student will get the knowledge of-

1. Evaluation of player' s performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents Duties and responsibilities of officials Mechanism of officiating and scoring
2. Basic skills and techniques Preparation, pre-contact movement, contact Teaching progression Coaching points Tactical application Drills for skill - development (any five) The field defense – general characteristics, teaching progression and coaching tips, position specific and other defense drills, Lead - up games for beginners in football, Teaching of football skill - preparing a lesson plan Development of motor components with specific reference to football, Specific training methods for different positions Development of football specific fitness components
3. Organization-Selection of a team and conduct of a camp Playfield technology - planning, construction and maintenance of football field Conduct of a tournament. Short-term and long-term planning for organization of a competition, Report writing. photography, analysis and commentary

4. Fitness tests - AAHPERD Youth Fitness Test, Fleishman Physical fitness test, Indiana motor Fitness Test
Skill tests – McDonald test, Mitchell – SAI Football Test. Evaluation of team performance –
observation techniques, statistical techniques, scouting charts

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 of 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 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

PRACTICAL

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 center forward
8. Refining of skills
 - Kicking
 - Receiving
 - Heading
 - Dribbling
 - Tackling
 - Goal keeping
- 9 Taking advantage of offside rule - attack and defense
- 10 Match officiating
 - Referee
 - Linesmen
 - Table officials
 - Play field preparation guide/organizer

REFERENCES

1. Lau, S.K., Encyclopedia of Football, Delhi : Sport Pub., 1995.
2. N. Kumar, Play and Learn Football, New Delhi : K.S.K, 2003.
3. Reilly, T., Science and Football, London: E.N. Sport Ltd., 1988.
4. Sharma, O.P., Teaching and Coaching – Football, Delhi : Khel S.K., 2001.
5. Shellito, K., Personal Best Football, London: William Collins & Sons, 1988.
6. Thani, Yograj, Coaching Successfully Football, New Delhi: K.S.K, 2002.
7. Williams, J., The Roots of Football, London, 1988.
8. Wirhed, R., Training to Win Football, Europ : Wolfe Pub., 1992.

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Semester-V
BSc-PE-DSE-3 (4)-301 (vi):GYMNASTICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
GYMNASTICS	4	2	0	2	ClassXI I pass	NIL

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

Learning Objectives:- The student will get the knowledge of-

1. Gymnastics coach Qualifications, qualities and abilities Personality profiles of a gymnastics coach
Gymnast anthropometrical demands (physique, body composition, somatypes of men and women gymnasts)
Conditional and coordinative abilities Psycho-social abilities Knowing gymnastics terminology
Methods of naming various gymnastics terms Names and definition of some basic positions and movements
Principles of teaching, coaching and training of gymnastics movements on apparatus
2. Role of various motor abilities in gymnastics Means and methods of developing general motor abilities and their evaluation
Means and methods of developing specific motor abilities and their evaluation
Schedule of Training And Planning For Competition - Training schedules Daily schedules Weekly schedules Monthly schedules
Planning for competition Meaning and concept Preparation for

competition schedule Order of events Sequence of gymnast

3. Supporting techniques and their methods Security – means and methods Self security methods Causes, prevention and remedies of injuries in gymnastics
4. Rhythmic gymnastics: (i) basic exercises (throw, catch, jumps, turns, waves & balance); and (ii) combination Physical fitness in gymnastics: (i) through free hand exercises; (ii) through apparatus i.e., medicine ball, skipping rope, wall bars, gymnastics bench, free weights, dumbbell, multi gym, rope climbing, modern fitness equipment (treadmill, elliptical upright and recumbent bikes etc.) Trampoline gymnastics: (i) jumps, (ii) somersaults (forward), (iii) twists/turns on small trampoline

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. Anthropometrical 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. Chakraborty, S. and Sharma, Lalit, Fundamental of Gymnastics, New Delhi: D.V.S. Pub., 1995.
2. Chakraborty, S., Fundamental of Gymnastics, New Delhi: DVS Pub, 1995.
3. Chakraborty, S., Women's Gymnastics, Delhi : Friends Pub., 1998.
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5. Derry, G., Personal Best Gymnastics, London :Willionm Colliv ., 1988.
6. Federation Internationale Gymnastics, Federation Int. De Gymnasics, 2006.

7. Harvey, F.J., Physical Exercises & Gymnastics, New Delhi: Khel Sahitya, 1998.
8. Jain, R., Play and Learn Gymnastics, Khel Sahitaya Kendra, 2005.
9. Jain, R., Play and Learn Gymnastics, New Delhi: Khel Sahitaya Kendra, 2003.
10. Pearson, D., Play The Game Gymnastics, Britain : Ward Lock, 1991.
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Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

Semester-V
BSc-PE-DSE-3 (4)-301 (vii):HANDBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre- requisite of Thecourse (if any)
		Lectur e	Tutoria l	Practical / Practice		
HANDBALL	4	2	0	2	ClassXII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Handball 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 Objectives:- The student will get the knowledge of-

1. Latest rules and their Interpretations Match Analysis- evaluation of players' performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents. Duties and responsibilities of officials Mechanism of officiating and scoring
2. Prerequisites of preparation and training Theory of handball training process Basic Skills And Techniques Catching – chest level, head and reaching height, side, below the 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 – 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) The Court Defense – general characteristics, teaching
progression and coaching tips, position-specific and other defense drills, Lead - up games for beginners
in handball, Teaching of handball skill - preparing a lesson plan. Development of motor components with
specific reference to handball, Specific training methods for different positions Development of handball-
specific fitness components.

3. Selection of a team and conduct of a camp. Playfield technology planning, construction, and maintenance of the handball court, Conduct of a tournament, Short term and long-term planning for organization of a competition, Report writing, photography, analysis, and commentary.
4. Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill tests – Cornish Handball Test
Evaluation of team performance – observation techniques, statistical techniques, scouting Charts

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS

- 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 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

Practical-

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

REFERENCES

1. Jain, D., Play & Learn Handball, New Delhi, Khel Sahitya Kendra, 2003.
2. Kumar Ashok, Handball, New Delhi, Discovery Publishing House, 1999.

3. Lohar, A.R., Handball Basic Technology Bombay, The Marine Sports Publishing Division, 1998.
4. Schmottlach, N., Mcmanama, J., Physical Education Handbook. 9th Edition, London, Allyn & Bacon,1997.

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

Semester-V
BSc-PE-DSE-3 (4)-301(viii):HOCKEY

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

Learning Outcome: - 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 Objectives:- The student will get the knowledge of-

1. Latest rules, and their interpretations Duties and responsibilities of officials
Mechanism of officiating and scoring Match Analysis-Evaluation of player performance during matches Video - analysis of skills and techniques, Assessment of prospective opponents
2. Prerequisites of preparation and training 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) 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. Development of motor components with specific reference to hockey, Specific training methods for different positions Development of hockey-specific fitness components

3. Organization-Selection of a team and conduct of a camp, Playfield technology - planning, construction and maintenance of a hockey field, Conduction of a tournament, Short-term and long-term - planning for the content of a competition, Report writing, photography, analysis and commentary
4. Fitness tests- AAHPERD Youth Fitness Test, AAHPER Health Related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill Tests – Schmitha’ s French Field Test, Freidel Field Test. Evaluation of team performance – observation techniques, statistical techniques, 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 Organization-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 the 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 – Schmithal’ 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
5. Attacking tactics – Creating Gaps, mobility
6. Refining of skills
7. Goal - keeping

8. Match officiating: Umpire signals
9. Playfield Marking

REFERENCES

1. Dubey, H.C. Hockey, New Delhi, Discovery Publishing House, 1999
2. International Hockey Federation, Rules of the Game of Hockey with Guidance for Players and
3. Umpires. India, International Hockey Federation, 2003.
4. Jain, D., Hockey Skills & Rules New Delhi, khel Sahitya Kendra, 2003.
5. Narang, P., Play & Learn Hockey, Khel Sahitya Kendra, New Delhi, 2003
6. Thani Yograj., Coaching Successfully Hockey, Delhi, Sports Publication, 2002.

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

Semester-V
BSc-PE-DSE-3 (4)-301 (ix):JUDO

Course title & Code	Credits	Credit distribution of the course	Eligibility criteria	Pre-requisite of the course
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		Lecture	Tutorial	Practical / Practice		
JUDO	4	2	0	2	ClassXI I pass	NIL

Learning Outcome: - 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 Objectives:- The student will get the knowledge of-

1. Required motor abilities Technical preparation and grading system Competition area, equipment etc. Physical, physiological and psychological preparation 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
2. Systematizing training process for players – warming-up, cooling-down, supplementary exercises, basic skills, weight-training, circuit-training Training for beginners, Training for intermediate players, Training for high performers. Prevention of injuries Causes and remedies of injuries in judo and safety measures First-aid, treatment and management of injured athletes Physiotherapy, rehabilitation, massage and fitness management
3. Meaning, definition, classification and components of nutrition Energy requirements of Judokas Nutritional guidelines for Judokas: pre, during and post competition phases Nutritional supplements, special diet and ergogenic aids: pre, during and post competition phases
4. Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPHER Health Related Fitness Test, , National Physical Efficiency Test, Indiana motor Fitness Test
5. Skill Tests.Evaluation of team performance – observation techniques, statistical techniques, 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
- 4.2 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

REFERENCES

1. Caffary, B., Skilful Judo, London : A & C Black, 1992.
2. Dando, J., Play The Game Judo, Great Britain: Blandford, 1994.
3. Harrison, E.J., Coaching Successfully Judo, Delhi: Sports, 2002.
4. Harrison, J., Teaching & Coaching Judo, New Delhi: Sport Pub., 1998.
5. Holme, P., Get to Gripe With Judo, London: Blandford, 1995.
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7. Jain, D., Play and Learn Judo, New Delhi: Khel Sahitaya Kendra, 2003.
8. Kumar, Mukesh, Action Judo, Delhi: Sport Publication, 1994.
9. Marwood, D., Critical Judo, New Delhi: A.I.T.B.S. Pub., 1995.

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

Semester-V
BSc-PE-DSE-3 (4)-301 (x):KABADDI

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practic		
KABADDI	4	2	0	2	ClassXI I pass	NIL

Learning Outcome:-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 Objectives: The student attains knowledge, understanding, interpreting, and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

1. A student will be able to learn about Common injuries related to sports and the Rehabilitation of injured players/athletes.
2. A student will be able to understand and gain knowledge about various Training Means and Methods for the development of motor components, identifying and developing of talent in sports
3. A student will be able to understand and gain knowledge about anatomy. Physiological, Biomechanical and Psychological basis to performance.
4. A student will 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 to 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
- Organisation of a Kabaddi tournament
- Report Writing on Kabaddi Tournament.

Practical (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

1. Kumar, Dharmander. (2018). Kabaddi and It's Playing Techniques. Writers Choice, New Delhi.
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.

- 4.Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
- 5.Rao EP (1994). Modern Coaching in Kabaddi .D.V.S.Pub
- 6.Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
- 7.Syal, M. (2004). Kabaddi Teaching. Prerna Parkashan, New Delhi.
- 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-V

BSc-PE-DSE-3 (4)-30 1(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		
KHO-KHO	4	2	0	2	ClassXI I pass	NIL

Learning Outcome: - 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 Objectives:- The student will get the knowledge of-

1. Latest rules and their Interpretations Duties and responsibilities of officials
Mechanism of officiating and scoring Match analysis- Evaluation of players performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents
2. Prerequisites of preparation and training Theory of Kho-kho training process
Basic skills and techniques Running – chain game - single chain, double chain 3-3-2, Feint, Dosing, Oval, Chasing – pole dive – sitting, running, fake and pole dive
Sitting and block Dive – air dive, sitting dive, flat dive 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 Development of motor components with specific reference to Kho-kho, Specific training methods for different positions Development of Kho-kho specific fitness components.
3. Organization and constitution of KKFI and Affiliated Units, Organization- Selection of a team and conduct of a camp, Playfield technology planning, construction and maintenance of Kho-kho court, Conduction of a tournament, Short-term and long-term planning for the organization of a competition, Report writing, photography, analysis and commentary.

4. - Fitness tests- AAHPERD Youth Fitness Test, AAHPHED Health Related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill Tests. Evaluation of team performance – observation techniques, statistical techniques, 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

- o 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 KKF 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

REFERENCES

1. Chakrabarty, G., Kho - Kho Aveloken, Delhi, Khel Sahitya Kendra, 2002.
2. Panday, L., Kho - Kho Sarvaswa, New Delhi Metropolitan, 1982.

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

Semester-V

BSc-PE-DSE-3 (4)-301(xii):VOLLEYBALL

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

Learning Outcome: - 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 Objectives:- The student will get the knowledge of-

1. Latest rules and their Interpretations Duties and responsibilities of officials
Mechanism of officiating and scoring Match analysis- Evaluation of players performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents
2. 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 Basic skills and techniques The serve – underhand, tennis, jump and serve, overhead float Forearm passing Overhead passing Spiking/attack Blocking 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 volleyball, Teaching of volleyball skill - preparing a lesson Development of motor components with specific reference to volleyball, Specific training methods for different positions Development of volleyball specific fitness components.
3. Organization- Selection of a team and conduct of a camp, Playfield technology - planning, construction, and maintenance of the Volleyball court Conduct of a tournament, Short-term and long-term planning for the organization of a competition, Report writing, photography, analysis, and commentary
4. 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 performance – observation techniques, statistical techniques, 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 - games for beginners in volleyball, Teaching volleyball skill - 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. American... . Program, Coaching Youth Volley Ball, Campaign, H.K., 1996.
- 2. FIVB, Backcourt Spiking in Modern Volley Ball, Chennai : FIVB, 1996.
- 3. Saggar, S.K., Cosco Skills Stactics - Volley Ball, Delhi : Sport Publication, 1994.
- 4. Scates, A.E., Winning Volley Ball, WC Brown, 1993.

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

Semester-V
BSc-PE-DSE-3 (4)-301(xiii):YOGA

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
YOGA	4	2	0	2	ClassXI I pass	NIL

Learning Outcome: - 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 Objectives:- The student will get the knowledge of-

1. Meaning, definition and scope of yoga, limitations and misconceptions, importance of yoga in education and other fields Rules and regulations for yoga championships: State, national, international, SGFI, AIU.
2. Pre-Vedic and Vedic period; Upanishad, sutra period, Patanjali yoga sutra; hatha yoga tantra 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
3. Structure and organization of yoga competition Preparation, execution, and closing of the competition Protocols and ceremonies.
4. Meaning, definition, classification, and components of nutrition, nutrients Yogic diet role of fluids - sports drinks & minerals, etc.: pre, during and post competition

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

1. Anand, Omprakash. Yog Dawra Kaya Kalp, Kanpur, Sewasth Sahitya Perkashan, 2001.
2. Sarin, N., Yoga DawaraRagoon Ka Upchhar, Khel Sahitya Kendra, 2003.
3. Sri, Swami Rama, Breathing, Rishikesh, Sadhana Mandir Trust, 2001.
4. Swami, Ram., Yoga & Married Life, Rishikesh Sadhana Mandir Trust, 2000.
5. Swami, Veda Bharti., Yoga, Polity, Economy and Family, Rishikesh Sadhana Mandir Trust, 2000.

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SEMESTER-V

BSc-PE-DSE-3(4)-302: SPORTS JOURNALISM

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
SPORTS JOURNALISM	4	3	0	1	Class XII pass	NIL

Learning Objective: - the students will learn to apply knowledge of sports journalism and research in sports and Physical Education.

Learning Outcome

1. The Students will develop an understanding and knowledge regarding the Meaning, scope, and changing trends of journalism in sports. Role of journalism in sports promotion & Vice – versa Historical development & role of print and electronic media in sports promotion Media, ethics and responsibilities of journalist & editor (social, legal and professional) and Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation. Sports terminators and their use Fundamentals of a sports story/ news. News – types, curtain– raiser, advance follow– up, news – analysis, box news. Design & make-ups: headings, front reading, layout & page making late stories, editorial tools, marks & skills.

2. The Students will develop an understanding and knowledge of the Organizational set-up of a newspaper- printing, process sequences of operations in the printing of a newspaper/journals, Introduction of various sports organizations and agencies- Olympic Games, Asian Games, commonwealth games, awards and trophies, Write-ups: feature, follow-ups, advance story, curtain raiser, flashback, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk – shows, and reviews in sports Development and maintenance of sports / personal library Statistics, records, and computers in sports.

3. The Students will gain knowledge of the Theory and principles of advertising in sports, Public relations in sports, press releases, conferences Public relations media – advertising, press releases, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics, Sports photo feature and writing captions of photos.

4. The Students will gain knowledge of The Student will learn the aspect of journalism by practising the art on platforms like local tournaments and during sports meet.

THEORY SYLLABUS (45 HOURS)

UNIT-I INTRODUCTION & WRITING SKILLS (12 Hrs)

1.1 Meaning and scope of journalism in sports.

1.2 Role of journalism in sports promotion & Vice – versa

1.3 Historical development & role of print and electronic media in sports promotion,

1.4 Media, ethics and responsibilities of journalist & editor (social, legal, and professional)

1.5 Fundamentals of a sports story/ news, Language used

UNIT-II ORGANIZATIONAL AND PRESENTATION SKILLS FOR MEDIA (12 Hrs)

2.1 The organizational set-up of a newspaper- printing, process sequences of operations in the printing of a newspaper/journals.

2.2 Introduction of various sports organizations and agencies- Olympic Games, Asian Games, Commonwealth Games, awards, and trophies.

2.3 New types- Write-ups: feature, follow-ups, advance story, curtain raiser, flashback, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk – shows, and reviews in sports

2.4 Development and maintenance of sports / personal library Statistics, records, and computers in sports.

UNIT-III EXTENDED RELEVANT DIMENSIONS (11 Hrs)

3.1 Theory and principles of advertising in sports, Public relations in sports, press releases, conferences

3.2 Public Relations Media – advertising, press releases, conferences, exhibitions, fairs, street drama, public speaking, radio, television, newspapers, films, posters, pictures, graphics, Sports photo features and writing captions of photos.

UNIT-IV JOURNALISM AND SPORTS (10 Hrs)

4.1 Introduction to photojournalism about sports. Process of newspaper publishing and management

4.2 Olympics and Sports Journalism. Research tools for developing a sports story

4.3 Introduction to various types of information technology. Satellite communication: use of satellite in radio and T.V. communication for sports information.

PRACTICAL: 30 Hours

1. Reporting of sports event

2. Review of sports articles

3. Sports Photography

4. Article writing

Suggested Readings:

1. Aamidor A (2003).Real Sports Reporting. Indiana University Press.Valparaiso. Indiana. U.S.A.
2. Ahuja, B.N (1988) Theory and Practice of Journalism . Surjeet Delhi.
3. Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi.
4. Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.
5. Kamath, M V (1980). Professional Journalism . K.S.K. New Delhi

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SEMESTER-V

BSc-PE-DSE-3(4)-303:FACILITY PLANNING AND MANAGEMENT IN SPORTS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of The course (if any)
		Lecture	Tutorial	Practical / Practice		
FACILITY PLANNING AND MANAGEMENT IN SPORTS	4	3	0	1	Class XII pass	NIL

Objectives: To acquaint the students with the management of various sports facilities planning and related Legislation

Learning Objectives:

The Learner will able to:

1. Able to learn the facility management and its assessment
2. Understand indoor and outdoor facility management in conjunction with facility maintenance and supervision.
3. Develop to know the concept of supply & Maintenance of Equipment.
4. Able to understand the fundamental concepts regarding Logistics management.

Theory Syllabus- (45 HOURS)

UNIT -1 HISTORY (10 Hours)

- 1.1 Modern Era of Stadium
- 1.2 Technology in the Stadium
- 1.3 Types of Public Assembly – Arenas, facilities, convention centers, stadium, University venues, local/civic venues.

Unit – II FACILITY PLANNING (10 Hours)

- 2.1 Meaning and concept of facility management
- 2.2 Planning the facility
- 2.3 Health and legal considerations in facility planning
- 2.4 Assessment of Facility Management

Unit – III FACILITY MANAGEMENT (10 Hours)

- 3.1 Indoor facilities management – Site selection, Indoor surfaces, Walls, Ceilings, Doors, Windows, Acoustics, Service areas, Lighting & Air quality control.
- 3.2 Outdoor facility management – Site selection and Development, Natural surface, Synthetic surface, Fencing & Seating plan.
- 3.3 Facility maintenance.
- 3.4 Facility Supervision & Security.

Unit – IV FACILITY FINANCING AND LOGISTICS MANAGEMENT (15 Hours)

- 4.1 Facility Financing Mechanism, why do cities subsidize sports facilities?
- 4.2 Facility marketing – Marketing and Promotion & Facility Revenues & Expenses
- 4.3 Career Opportunities-Marketing Director & Public Relations/Communication Director
- 4.4 Meaning and Concept of Logistics Management
- 4.5 Planning the Competition Venue
- 4.6 Venue operation and crowd safety
- 4.7 Selection and Training of Workforce

Practical - 30 Lectures

1. Visit Indoor and Outdoor Sports facilities and prepare a detailed report.
2. Event Planning and Execution (Provide hands-on Experience in planning and organizing Sports Events, covering logistics, security & crowd management.
3. Budgeting and Financial Management (Guide students, through creating a budget for sports facilities considering operation costs, maintenance, and potential revenue streams.
4. Technology Integration (Explore the use of technology for efficient facility management)
5. Contract Negotiation and Vendor Management (Teach negotiation skills and vendor management techniques essential for securing services and resources for sports facilities.

References:

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach.
2. New York: Prentice hall Inc. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme.
3. St. Lolis: The C.V. Hosby Co. Kozman, H.C. Cassidy, R. & Jackson, C. (1960).
4. Methods in Physical Education. London: W.B. Saunders Co. Pandey, L.K. (1977).
5. Methods in Physical Education. Delhi: Metropolitan Book Depo. 2 years B.P.Ed Curriculum | 27 Sharma, V.M. & Tiwari, R.H.: (1979).
6. Teaching Methods in Physical Education. Amaravati: Shakti Publication. Thomas, J. P. (1967).

7. Organization & administration of Physical Education. Madras: Gyanodayal Press. Tirunarayanan, C. & Hariharan, S. (1969).
8. Methods in Physical Education. Karaikudi: South India Press. Voltmer, E. F. & Esslinger, A. A. (1979).
9. The organization and administration of Physical Education. New York: Prentice Hall Inc.

SEMESTER VI

BSc-PE-DSC-16(4): FUNDAMENTALS OF SPORTS TRAINING

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

FUNDAMENTALS OF SPORTS TRAINING	4	3	1	0	Class XII pass	Nil
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Learning Objective: - To acquaint students with the knowledge of training principles and their application in enhancing sports performance.

Learning The students will be able to apply training principles in developing various exercise programs and improving sports performances.

1. The student will be acquainted with the knowledge Importance, definition, aim, and objectives of Sports Training as characteristics and Principles of Sports training. They will learn about the Training Load, Adaptation, and Recovery concepts and the factors affecting them.
2. The students will gain knowledge about Strength, various types of strength, factors affecting strength performance and methods of strength training; Definition and significance of endurance, forms of endurance and methods to develop endurance
3. The students will learn about the Definition of speed, types of factors determining speed, methods to develop speed abilities, and Definition of flexibility, Factors affecting flexibility; Methods used to develop flexibility
4. The students will apprehend knowledge about technical preparation, Tactics, Periodization: and preparation for competition, number & frequency, competition preparation.

THEORY SYLLABUS: (45 Hours)

Unit-I INTRODUCTION TO SPORTS TRAINING (10 Hours)

- 1.1 Importance, definition, Aim and objectives of Sports Training
- 1.2 Characteristics and Principles of Sports Training
- 1.3 Training Load, Adaptation, And

Recovery: Concept of load & Adaptation and Factors affecting load & adaptation

Unit-II STRENGTH AND ENDURANCE (10 HOURS)

2.1 STRENGTH: Types of strength (maximum strength; explosive strength, Relative Strength and Strength endurance, etc.) & Determining Factors affecting strength performance and Methods of strength training

2.2

ENDURANCE: Definition and significance of endurance, forms of endurance, and Methods to develop endurance

Unit-III SPEED AND FLEXIBILITY (15 HOURS)

3.1 SPEED: Definition, types of factors determining speed, Methods to develop speed abilities

3.2 FLEXIBILITY: Definition, Factors affecting flexibility; Methods used to develop flexibility

Unit-IV TECHNICAL PREPARATION, TACTICS AND PERIODIZATION (10 HOURS)

4.1

technical preparation: Definition and meaning of technique, skill, and style Technique training & its implication in various phases;

4.2 Tactics and its aim, Principal of Tactical Preparation.

4.3 Periodization: Need & types of Periodization

4.4.

Competition: Preparation for competition, number & frequency, competition preparation.

SUGGESTED READINGS

1. Baechle TR & Earle RW (2000). Essential of strength training and conditioning. Human Kinetics. USA.
2. Bompa. T.O. (1994). Theory and Methods of Training-A Key to Athletic Performance (3rd Ed.). Kandwall Hunt Publication Co.
3. Bompa. T.O. and G. Gregory Hett. (2009) Periodization: Theory and Methodology of Training.
4. Dick FW (1999). Sport training Principles. A and C Black. London.

5. NewtonH(2006).Explosiveliftingforsports.HumanKinetics.US.
6. SinghHardayal(1991).ScienceofSportTraining.D.V.SPub.Delhi.

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SEMESTER-VI

BSc-PE-DSC 17(4): TEST MEASUREMENT AND EVALUATION IN SPORTS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
TEST MEASUREMENT AND EVALUATION IN SPORTS	4	3	0	1	Class XII pass	NIL

Learning Objective: - Students will acquire the knowledge (theoretical and practical) and importance of Test Measurement & Evaluation in Physical Education and Sports.

Learning Outcome: -

1. Students will learn various ways and means to assess fitness in Sports & exercise. Such core knowledge and skill will help to create a strong foundation to engage human subjects of all ages, sexes, and abilities.
2. The students will develop an understanding and knowledge of Tests, Measurement, and evaluation and their importance in the field of physical education and Test constructions: - a) general consideration and b) physical fitness/efficiency test. The student will learn the Administration 1 Mile Rock Port Test
3. The students will develop the understanding and knowledge of Physical

fitness testing: components of physical fitness and Strength test: - Kraus Weber strength test, Muscular Endurance test: Cardio-respiratory Fitness test, Muscular Endurance Test, and Bent-Knee SitUps.

4. The students will understand the Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold measurement (biceps, triceps, subscapular and suprailiac) and Sports Skill Test-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test-SAI Hockey Test.
5. The students will gain knowledge of the Administration of Senior Fitness Test: Chair Stand Test for lower body strength, Chair Sit and Reach Test for lower body flexibility, Back Scratch Test for upper body flexibility, Eight foot up and go test for Agility, Six-minute walk test.

THEORY SYLLABUS (45 HOURS)

UNIT-I (9 HOURS)

1.1 Introduction to Test, Measurement, and evaluation and its importance in the field of physical education

1.2 Test constructions:-

a) General consideration

b) Physical fitness/efficiency test

UNIT-II (10 HOURS)

2.1 Physical fitness testing: components of physical fitness (Health and Skill), importance of physical fitness assessment

2.2. Strength test: - Kraus Weber strength test

2.3 Cardio-respiratory Fitness test: 1 Mile Rockport Test

2.4 Muscular Endurance Test: Bent-Knee SitUps.

2.5 Flexibility test- Sit and reach test

2.6 Methods of Body Composition Assessment

UNIT-III (8 HOURS)

3.1 Anthropometric Measurements:
Weight,height,sittingheight,chestcircumference,thighcircumference,calfcircumference,
skinfoldmeasurement(biceps,triceps,subscapular, and suprailiac)

UNIT – IV (9 HOURS)

4.1 SportsSkill Test-Johnson badmintontest,Brady volleyball test,McDonaldsoccer
test,CornishHandball test,Hockeyskilltest-SAIhockeyTest

4.2 Administration of Senior Fitness Test: Chair Stand Test for lower body strength,
Chair Sit and Reach Test forlower body flexibility, Back Scratch Test for upper body
flexibility, eight foot up and go test for Agility, Six-minute walktest

Practical (30 HOURS)

1. Administration 1 Mile Rock Port Test
2. Administration of Fitness Test
3. Measurement of sport skills included in theory course.

SUGGESTED READINGS

1. ACSM(2001).GuidelinesforExerciseTestingandPrescriptionbyAmericanColl
egeof SportsMedicineHumankinetics USA.
2. BalyanSunita(2006).SharirkShikshamainParikshanevnmnaapan.KhelSahity
a.Delhi.
3. BarrowH.M.andMcGeeR.(1979).APracticalApproachtoMeasurementinPhysi
calEducation.Lea&Febiger,Philadelphia. U.S.A.
4. BaumgartnerTAJacksonASMaharMTandRoweDA(2007).MeasurementforEv
aluationinPhysicalEducation.TheMcGraw HillCompanies. Inc. NewYork. USA.
5. KansalDK(2012).ApracticalapproachtoMeasurementEvaluationinPhysicall
Education&Sportsselection.Sports&SpiritualSciencePublications,NewDelhi.
6. Miller David K (2006). Measurement by the Physical Educator: Why and
How. McGraw-Hill. Boston,U.S.A.
7. MishraSharadChandra(2005).TestsAndMeasurementinphysicaleducation.S
ports.Delhi
8. SharmaJP(2006).Testandmeasurementsinphysicaleducation. khel sahitya.

Delhi

9. Srivastava AK (2006).

Sharirik Shiksha Evam Khe Main Maapan Evam Mullyakan. Sportpub. Delhi.

10. Tritschler K. Barrow & McGee (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A.

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SEMESTER-VI

DSC-18 (4): WELLNESS & FITNESS MANAGEMENT

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lectur	Tutorial	Practical		

		e		/ Practice		(if any)
WELLNESS & FITNESS MANAGEMENT	4	3	0	1	Class XII pass	NIL

Learning Objectives: To impart knowledge and practices about the fitness components and Wellness and relation to health

Learning Outcomes:

1. The learners will be able to analyze and correlate the components of physical fitness, principles of physical fitness, and benefits of fitness programs.
2. The learner will be able to analyze, correlate, and evaluate regarding fitness profile, development, and maintenance of the player including types of motor components, principles of physical fitness, and benefits of the fitness program.
3. The learner will be able to identify, apply and correlate different aspects of wellness including identifying dimensions of wellness, achieving and maintenance of wellness, identifying stressors and managing stress, the relationship between wellness towards a positive lifestyle, and the benefits of wellness.
4. The learner will be able to describe different aspects of behavior modification regarding barrier to change, stages of behavior change & smart goal setting with healthy lifestyle approach adoption.
5. The learner will be able to describe, apply, correlate, and measure different aspects of the daily schedule of achieving quality of life and wellness regarding daily schedule principles to achieve quality of life including positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

THEORYSYLLABUS (45 HOURS)

UNIT– IINTRODUCTION TO PHYSICAL FITNESS

(10 HOURS)

- 1.1 Conceptandmeaningof physicalfitness
- 1.2 Componentsof physical fitness
- 1.3 Significanceof Physicalfitnessinthe presentscenario.
- 1.4 Association of physical inactivity and diseases

UNIT– IIPHYSICAL FITNESS -DEVELOPMENTANDMAINTENANCE(12HOURS)

- 2.1 Benefits of a fitness program
- 2.2 Elements of fitness programme
- 2.3Principles and Methods to develop and maintain components of physical fitness-
Cardiovascular endurance, muscular endurance, strength, flexibility and balance
- 2.4 Body composition-Definition and importance of body composition and ways to
manage desired body composition
- 2.5Assessments donebefore starting a fitness program

UNIT– IIIWELLNESS (12HOURS)

- 3.1 Definition, Benefits, and Dimensions of Wellness
- 3.2 Adoptinga healthy&positivelifestyle in terms of physical activity,Healthy hygienic habits,
nutrition for health and prevention of diseases, identifying stressors and management of stress,
hazards of substance abuse (smoking, alcohol, tobacco, and drugs)
- 3.3 Importance of rest, sleep, and recreation in daily life

UNIT– IVBEHAVIORMODIFICATION

(11 HOURS)

- 4.1 Barrierstobehaviorchange
- 4.2 Processofchangeand Stages of behavior change
- 4.3 SMART GOALS
- 4.4 Modifying Daily schedule for Fitness and Wellness

PRACTICALSYLLABUS (30 HOURS)

1. Physical FitnessAssessment (Any one Method for each
component)- cardio-vascularendurance,flexibility,
muscular strength, muscular endurance, balance and
body composition.

2. A day's scheduling for healthy lifestyle for any one age group.
3. Yogic Practices and Meditation techniques for Stress management

Suggested Readings:

1. Anderson, B., *Stretch Yourself for Health & Fitness*, Delhi: UBSPD, 2002.
2. Austin and Noble, *Swimming For Fitness*, Madras: All India Pub., 1997.
3. Bean, Anita, *Food For Fitness*, London: A & C Black, 1999.
4. Callno Flood, D.K., *Practical Math For Health Fitness*, New Delhi, 1996.
5. Cox, Corbin, C.B & Indsey, R., *Concepts of Physical Fitness*, WCBrown, 1994.
6. Difiore, Judy, *Complete Guide to Postnatal Fitness*, London: A & C Black, 1998.
7. Giam, C.K & The, K.C., *Sport Medicine Exercise and Fitness*, Singapore: P.G. Medical Book
8. Gosselior, C., *The Ultimate Guide to Fitness*, London: Vermilion, 1995.
9. Harrison, J.C., *Hooked on Fitness*, NY: Parker Pub. Com., 1993.
10. Hoeger, W.K. and S.A., *Principles and Labs for Physical Fitness*, Englewood Morton, 1999.
11. Kirtani, Reema, *Physical Fitness*, Delhi: Khel Sahitya, 1998.
12. Maud, J.R. and Foster, C., *Physiology Assessment of Human Fitness*, New Delhi, 1995.
13. McGlynn, G., *Dynamic of Fitness*, Madison: W.C.B Brown, 1993.
14. Muller, J.P., *Health, Exercise and Fitness* Delhi: Sports, 2000.
15. Muller, J.P., *Health Exercise and Fitness*, Delhi: Sports, 2003.
16. Saggar, S.K., *Physical Fitness*, New Delhi: Rupa Co., 1994.
17. Sharkey, B.J., *Physiology of Fitness*, Human Kinetics Book, 1990.
18. Thani, Lokesh, *Rules of Games and Games and Fitness*, Delhi: Sports, 2003.

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

SEMESTER VI DSE (Choose one from a pool of courses)

**BSc-PE-DSE-4 (4): Game of Specialization-I - Teaching and Coaching
(GAME TO BE CONTINUED FROM SEM V)**

Game of Specialization-I -Teaching and Coaching
BSc-PE-DSE-4 (4)-401 (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-I -Teaching and Coaching BSc-PE-DSE-5 (4) 401 (i): Athletics	4	2	0	2	Class XII pass	NIL

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

Learning Objectives:- The student will get the knowledge of-

1. 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

2. Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame, Philosophy of coaching, Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
3. 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 athletics,
4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments, 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

- 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
- The Art and Science of Sports Coaching, (Vol I), Tyagi S., Vanaik A, Friends Publications (India), ISBN: 978-93-5978-893-7, (2023)

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

Game of Specialization-I- Teaching and Coaching
 BSc-PE-DSE-4 (4)-401(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-4 (4) 401 (ii): Badminton	4	2	0	2	ClassXII pass	NIL
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Learning Outcome: - 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 Objectives:- The student will get the knowledge of-

1. 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
2. Role of Coach as a Mentor, Duties of 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
3. 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 Badminton
4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.

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

- 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
- The Art and Science of Sports Coaching, (Vol I), Tyagi S., Vanaik A, Friends Publications (India), ISBN: 978-93-5978-893-7, (2023)
- The Art and Science of Sports Coaching, (Vol I), Tyagi S., Vanaik A, Friends Publications (India), ISBN: 978-93-5978-893-7, (2023)

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

**Game of Specialization-I- Teaching and Coaching
BSc-PE-DSE-4 (4)-401(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-I- Teaching and Coaching BSc-PE-DSE-4 (4)-401(iii): Basketball	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of basketball 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 Objectives:- The student will get the knowledge of-

1. 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.
2. 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 Basketball
3. 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 Basketball
4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments, 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 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 official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in basketball

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualification 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

- 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
- The Art and Science of Sports Coaching, (Vol I), Tyagi S., Vanaik A, Friends Publications (India), ISBN: 978-93-5978-893-7, (2023)
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Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

Game of Specialization-I- Teaching and Coaching
BSc-PE-DSE-4 (4)-401(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-I- Teaching and Coaching BSc-PE-DSE-4 (4)-401(iv): Cricket	4	2	0	2	Class XII pass	NIL

Learning Outcome: - 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 Objectives:-

The student will get the knowledge of-

1. 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

2. Role of Coach as a Mentor, Duties of 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
3. 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 cricket
4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
5. Practically the student will learn to Prepare a teaching /coaching lesson plan on any two fundamental skills, to Prepare a teaching /coaching lesson plan on any two advanced skills and the Demonstration of various attacking and defensive drills

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

- 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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Game of Specialization-I- Teaching and Coaching

BSc-PE-DSE-4 (4)-401(v): Football

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-I- Teaching and Coaching BSc-PE-DSE-4 (4)	4	2	0	2	Class XII pass	NIL

401 (v): Football						
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Learning Outcome: - The learner will be able to use the knowledge of Football 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 Objectives:- The student will get the knowledge of-

1. 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
2. Role of Coach as a Mentor, Duties of 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.
3. 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 Football.
4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
5. Practically the student will learn to Prepare a teaching /coaching lesson plan on any two fundamental skills, to Prepare a teaching /coaching lesson plan on any two advanced skills and the Demonstration of 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 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 official 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 qualification 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
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Game of Specialization-I- Teaching and Coaching
BSc-PE-DSE-4 (4)-401(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-I- Teaching and Coaching BSc-PE-DSE-4 (4)-401(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 of the basic and advanced rules and regulations of marking the floor and conducting a tournament.

Learning Objectives:- The student will get the knowledge of-

1. 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
2. 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 Gymnastics
3. 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 Gymnastics
4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.

5. Practically the student will learn to Prepare a teaching /coaching lesson plan on any two fundamental skills, to Prepare a teaching /coaching lesson plan on any two advanced skills, and the Demonstration various techniques of Gymnastics.

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.
- 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
- The Art and Science of Sports Coaching, (Vol I), Tyagi S., Vanaik A, Friends Publications (India), ISBN: 978-93-5978-893-7, (2023)

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Game of Specialization-I- Teaching and Coaching BSc-PE-DSE-4 (4)-401(vii): Handball

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-I- Teaching and Coaching BSc-PE-DSE-4 (4)-401(vii):- Handball	4	2	0	2	Class XII pass	NIL

Learning Outcome: - 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 Objectives:- The student will get the knowledge of-

1. 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

2. 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 handball.
3. 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 Handball.
4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
5. Practically the student will learn to Prepare a teaching /coaching lesson plan on any two fundamental skills, to Prepare a teaching /coaching lesson plan on any two advanced skills and the Demonstration of 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 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 official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Handball

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualification 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.
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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
- The Art and Science of Sports Coaching, (Vol I), Tyagi S., Vanaik A, Friends Publications (India), ISBN: 978-93-5978-893-7, (2023)

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

Game of Specialization-I- Teaching and Coaching BSc-PE-DSE-4 (4)-401(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-I-	4	2	0	2	Class XII pass	NIL

Teaching and Coaching BSc-PE-DSE-4 (4) 401 (viii):Hockey						
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Learning Outcome: - The learner will be able to use the knowledge of Hockey on the field and will have a command on the basic and advance rules and regulations of marking the field and conducting a tournament.

Learning Objectives:- The student will get the knowledge of-

1. 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
2. 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 Hockey.
3. 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 Hockey.
4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
5. Practically the student will learn to Prepare a teaching /coaching lesson plan on any two fundamental skills, to Prepare a teaching /coaching lesson plan on any two advanced skills, and the Demonstration 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 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 official 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 qualification 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.
- 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
- The Art and Science of Sports Coaching, (Vol I), Tyagi S., Vanaik A, Friends Publications (India), ISBN: 978-93-5978-893-7, (2023)

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**Game of Specialization-I- Teaching and Coaching
BSc-PE-DSE-4 (4)-401(ix): Judo**

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-I- Teaching and Coaching BSc-PE-DSE-4 (4)-401 (ix): Judo	4	2	0	2	Class XII pass	NIL

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

Learning Objectives:- The student will get the knowledge of-

1. 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
2. Role of Coach as a Mentor, Duties of 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 Judo.
3. 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 Judo.
4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments,

Integrity and values of sports.

5. Practically the student will learn to Prepare a teaching /coaching lesson plan on any two fundamental skills, to Prepare a teaching /coaching lesson plan on any two advanced skills and the Demonstration of 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 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 official 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 qualification 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.
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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
- The Art and Science of Sports Coaching, (Vol I), Tyagi S., Vanaik A, Friends Publications (India), ISBN: 978-93-5978-893-7, (2023)

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Game of Specialization-I- Teaching and Coaching BSc-PE-DSE-4 (4)-401(x):: Kabaddi

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-I- Teaching and Coaching BSc-PE-DSE-4 (4)-401(x):Kabaddi	4	2	0	2	Class XII pass	NIL

Learning Outcome: - 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 Objectives:- The student will get the knowledge of-

1. 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
2. Role of Coach as a Mentor, Duties of 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.
3. 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 Kabaddi.
4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
5. Practically the student will learn to Prepare a teaching /coaching lesson plan on any two fundamental skills, to Prepare a teaching /coaching lesson plan on any two advanced skills and the Demonstration of 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 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 official in general, pre, during and post game.
- Philosophy of officiating

- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Kabaddi

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualification 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.
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- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
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Game of Specialization-I- Teaching and Coaching
BSc-PE-DSE-4 (4)-401 (xi): Kho-Kho

Course title	Credit	Credit distribution of the course	Eligibility	Pre-
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&Code	s	Lecture	Tutorial	Practical/ Practice	criteria	requisite of the course (if any)
Game of Specialization-I- Teaching and Coaching BSc-PE-DSE-4 (4) 401 (xi):Kho-Kho	4	2	0	2	ClassXII pass	NIL

Learning Outcome: - 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 Objectives:- The student will get the knowledge of-

1. 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
2. Role of Coach as a Mentor, Duties of 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.
3. 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 Kho-Kho.
4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
5. Practically the student will learn to Prepare a teaching /coaching lesson plan on any two fundamental skills, to Prepare a teaching /coaching lesson plan on any two advanced skills and the Demonstration of various attacking and defensive drills in kho-kho.

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 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 official 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 qualification 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

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 (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.
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Game of Specialization-I- Teaching and Coaching
BSc-PE-DSE-4 (4)-401(xii): Volleyball

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-I- Teaching and Coaching BSc-PE-DSE-4 (4)-401(xii):Volleyball	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Volleyball 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 Objectives:- The student will get the knowledge of-

1. 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
2. Role of Coach as a Mentor, Duties of 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.
3. 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 Volleyball.

4. Qualities and Qualifications of Coach and Official, General rules of games and sports, Eligibility rules of intercollegiate and inter-university tournaments, Integrity and values of sports.
5. Practically the student will learn to Prepare a teaching /coaching lesson plan on any two fundamental skills, to Prepare a teaching /coaching lesson plan on any two advanced skills and the Demonstration of various attacking and defensive drills in Volleyball.

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

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualification 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 (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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Game of Specialization-I- Teaching and Coaching
BSc-PE-DSE-4 (4)-401(xiii): Yoga

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-I- Teaching and Coaching BSc-PE-DSE-4 (4)-401(xiii): Yoga	4	2	0	2	Class XII pass	NIL

Learning Outcome: - 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 Objectives :- The student will learn the following

1. 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
2. Coach as a Mentor, Duties of 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
3. 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 Yoga
4. 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.
5. Practically, students will learn to Prepare a teaching /coaching lesson plan on any two fundamental skills, Prepare a teaching /coaching lesson plan on any two advanced skills and Demonstration of various Meditation, Shat Kriya (any two)

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 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 official 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 qualification 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
- The Art and Science of Sports Coaching, (Vol I), Tyagi S., Vanaik A, Friends Publications (India), ISBN: 978-93-5978-893-7, (2023)

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SEMESTER-VI

BSc-PE-DSE-4(4)-402: 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		
RESEARCH METHODS IN PHYSICAL EDUCATION AND SPORTS	4	3	1	0	ClassXII pass	NIL

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

Learning Outcome:

1. The student will be able to use the knowledge of Research for analysis of data and leading to logical conclusion on any field of investigation.
2. The student will learn the 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.
3. The student will develop an understanding of Sampling (Random, cluster, stratified), Survey:- Survey by Questionnaire and survey by Interview, Experimental Methods:- Relationship studies, Comparative Studies and Control of experimental factors and Instrumentation.
4. The student will gain knowledge of the Research proposal, Organization of the Thesis report, Research article, oral and poster presentation, Table, figure, and bibliography.
5. The student will learn about the Types of data, Measures of central tendency (mean, median, and mode), Measures of variability (range and standard deviation), numerical problems to be solved from raw data, Tests for measuring correlation (Product moment correlation) and differences (Independent T-test), numerical problems to be solved from raw data, plotting of graphs and chart.

THEORY SYLLABUS (45 HOURS)

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 literaturesources.
1. 4 Statistical concepts: Importance of statistics in Physical Education, ways to select a sample.

Unit 2 Research Methods (10HOURS)

- 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 charts.

SUGGESTED READINGS:

1. Author" s guide: Research Methods applied to Health Physical and Recreation, Washington,D.C. 1991.
2. Best John & Kahni, J.V. 1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd..
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8. Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity.U.S.A: Champaign, IL: Human Kinetics Books.
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11. Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications

SEMESTER – VI

BSc-PE-DSE-4(4): SPORTS FIELD TECHNOLOGY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
SPORTS FIELD TECHNOLOGY	4	3	1	0	Class XII pass	NIL

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

Learning Objectives:-The student will get the knowledge of-

1. Technical preparation, Marking, Physical, physiological, psychological, and sociological characteristics Technical Preparation for Focused Events, Required motor abilities and their technical preparation, Technical and tactical preparation, Physical, physiological, psychological and sociological characteristics of athletes
2. Structure and organization of the meet Budgeting, purchase of equipment Preparation, execution, and conclusion of the respective events Protocols and ceremonies
3. How a particular instrument is made and how it is used.

THEORY SYLLABUS (45 HOURS)

Unit I – Sports Technology

- 1.1 Meaning and definition of sports technology.
- 1.2 Significance of technology in sports
- 1.3 General Principles of instrumentation in sports.
- 1.4 Meaning of Foams, Types of foams (Polyurethane, Polystyrene, Styrofoam, closed-cell, open-cell foams, and Neoprene) and their uses in different sports.

Unit II – Nanotechnology in Sports Materials

- 2.1 Meaning and Definition of Nanotechnology
- 2.2 Meaning of nano glue and nano molding technology.
- 2.3 Uses and Benefits of Nanotechnology in sports uniforms, and Safety equipment
- 2.4 Uses and Benefits of Nanotechnology in Sports equipment and playing surfaces

Unit III – Surfaces of Playfields and Measuring Gadgets

- 3.1 Method of construction and installation for Synthetic and Cinder tracks.
- 3.2 Meaning and types of flooring materials for different sports: synthetic (polyurethane and poly grass) and wooden.
- 3.4 Modern Measuring Equipment Used in Running, Throwing, and Jumping Events.

Unit IV – Modern Stadiums and Training Machines

- 4.1 Identifying requirements of indoor and outdoor playfields
- 4.2 Tennis: Serving Machine, Mechanism and Advantages
- 4.3 Dimensions of Sports Infrastructure - Gymnasium, Pavilion, Swimming Pool, Indoor Stadium and Outdoor Stadium.
- 4.4 Lighting Facilities: Method of erecting and luminous in indoor and outdoor stadiums. Methods of measuring luminous.

SUGGESTED READINGS

1. Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) " Selection of Engineering Materials" UK: Butterworth Heiremann.
2. Finn, R.A. and Trojan P.K. (1999) " Engineering Materials and their Applications" UK: JaicoPublisher.
3. John Mongilo, (2001), " Nano Technology 101 " New York: Green wood publishing group. Walia,
4. J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
5. Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar,

Sterling Publishers Pvt. Ltd.), 1982

6. Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

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