

SYLLABUS OF DISCIPLINE-SPECIFIC ELECTIVE COURSE PAPER (DSE)

SEMESTER V

B.A.-DSE-PE-(4)-1.1:

FUNDAMENTALS OF GAME/SPORTS

(Choose Any One Sport from the Facilities Available)

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-DSE-PE-(4)-1.1: FUNDAMENTALS OF GAME/SPORTS	4	3	0	1	Class XII pass	Nil

Learning Objective: - The students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

Learning Outcome: -The student will attain knowledge, understanding, interpreting, and analyzing proficiency in a game of one's choice.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit-I: Introduction of the Game/Sport (11 hrs lectures)

- Historical Development and Modern Trends in the game (National and International Level)
- Organizational Structure (State, National, and International Level)
- Introduction to the Playfield/arena of any 1 game

Unit-II: Rules of the Game/Sport and Role of Coach (12 hrs lectures)

- Rules and their interpretation of any 1 sport
- Basis of Warming up and cooling down and its effect
- Role of coach in preparing players/Teams

Unit-III: Skills and Techniques (11 hrs lectures)

- Basic skills and techniques of any 1 Game
- Developmental Drills / **Preparatory Exercises** to improve skills of any 1 Game

Unit-IV: Game/Sport Related Fitness (11 hrs lectures)

- Introduction to Fitness components related to any 1 sport.
- Role of Fitness & skill related fitness components of any game in improving performance

PRACTICAL SYLLABUS

(30 hrs.)

1. Learning and demonstrating various skills/techniques of any 1 Game
2. Drills to improve Fundamental skills of any 1 game
3. Marking of Playfield/ arena of any 1 game
4. Playing ability in a match.

Suggested Readings:

1. Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
2. Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
3. Handbook-Rules and Regulation. International Athletic Federation (2010).
4. Herb Amato, DA ATC et al (2002). Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated. 1st ed., USA.
5. Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
6. Maughan, R. and Gluson, M. (2004). The Biomechanical Basics of Athletic Performance. Oxford University Press, U.K.
7. Prentice, W. and Arnheim, D. (2005).
8. Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
9. Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi.
10. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.
11. Elliott R., (2011). Runners on Running: The Best Nonfiction of Distance Running, Human Kinetics, United States of America.
12. Galloway J., (2011). Cross Country Running, Mayer & Mayer Sport, United Kingdom.
13. Galloway J., (2012). 100 Reasons to Run, Mayer & Mayer Sport, United Kingdom.
14. Thani L., (2018). Skills & tactics field athletics, sports publication, New Delhi

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