

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)
SEM- 6 (GE-12)

FUNDAMENTALS OF GAME/SPORTS
(CHOOSE ANY ONE FROM THE FACILITIES AVAILABLE)

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
12	<u>SEM- 6 (GE-12)</u> FUNDAMENTALS OF GAME/SPORTS	04	3	0	1	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

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

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

(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:

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