

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)

SEM- 7 (GE-13)

SPORTS FOR LEISURE AND RECREATION

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
13	SEM- 7 (GE-13) SPORTS FOR LEISURE AND RECREATION	04	3	0	1	XII Pass	NIL

Learning objective:

This course aims to provide understanding through practical knowledge and practices with enough scope for creativity/Innovations.

Learning Outcomes:

1. Students will demonstrate knowledge of (a) the nature & scope of the recreation professional, techniques and processes used by professional workers in these industries, and (c) the foundation of the profession in history, science, and philosophy.
2. Students can utilize their knowledge of operations and strategic management/administration in recreational services.
3. Students will demonstrate knowledge and ability to (a) apply research and evaluation methods and practices, and (b) utilize the results of research and evaluation to improve practice/services. Such practices will encourage creativity/innovation in the students.
4. Students through a practicum experience can succeed as professionals at an administrative or supervisory level in recreational services with more creativity.
5. Students have developed the ability to design, implement, and evaluate services that facilitate targeted human experiences and that embrace personal and cultural dimensions of diversity.

SYLLABUS

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

Theory: 45 hours, Practical: 30 hours.

UNIT- I: FOUNDATION

(11 hrs)

- 1.1 Foundation of Leisure, Play, Sports and Recreation.
- 1.2 Definition and concept of Leisure, Play, Sports and Recreation.
- 1.3 Importance of Leisure, play, sports, and recreation.

UNIT- II: SPORTS AND RECREATION MANAGEMENT

(11 hrs)

- 2.1 Introduction to clubs, boards, and committees in sports and recreation organizations.
- 2.2 Communication and Public Relations in Sports.
- 2.3 Risk management applied to sports and recreation organizations.

UNIT- III: HEALTH ASPECTS OF LEISURE, SPORTS AND RECREATION

(11 hrs)

- 3.1 Leisure, recreation, and wellness through sports
- 3.2 Relationship between Recreation and personal well-being
- 3.3 Leisure and Recreation for stress, depression, and mental Health

UNIT- IV: EDUCATION, LEADERSHIP, AND PROGRAMME DEVELOPMENT THROUGH

LEISURE AND RECREATION SPORTS

(12 hrs)

- 4.1 Types of recreational activities (public, outdoor programs, Intramural activities, Club sports & Leadership programs)
- 4.2 Education and leadership development through leisure and recreation sports.
- 4.3 Role of leisure and recreation activities in the development of leadership ethics.

PRACTICAL

(30 hrs.)

- 1. Plan & Conduct a Recreation activity.
- 2. Leadership skills development activity through leisure and recreation.
- 3. Write a report on any recreational/ leisure activity you attended in your college.

Suggested Readings:

- 1. Arora S., Agarwal M Gupta B. (2018), "Fitness; Wellness and Nutrition", Vivechan Publications (INDIA) ISBN: 978-93-83914-89-0
- 2. Busser J.A. (1990), "Programming for employee services and recreations campaign Illinois". in 61824-40673.
- 3. Mueller P, Rezwik J.W, (1985) "Intra- mural Recreational Sports: programming and Administration" MacMillan publishing company. Cellier Mcmillan publishers.
- 4. Kraus R. (2001), "Recreation & leisure in Modern society" Jones and Bartlett Publishers.
- 5. Shivers J.S. (1987), "Introduction to recreational service administration" Lea & Febiger.
- 6. Corbin H.D., Williams E. (1987), "Recreation programming and leadership", Prentice Hall, Inc. Englewood Cliffs.
- 7. Vanaik Dr. A, (2010) "Fundamentals of Recreational Activities", Friends Publication.
- 8. Shaw D. (2018) "Fundamental Statistics in Physical Education and Sports Sciences" Sports Publication, ISBN: 81-86190-57-0.
- 9. Shaw D. (2020) "Physical Education Practical Manual for Class XI" Prachi Publication, ISBN: 978-8193-7698-0-5.
- 10. Shaw D. (2020) "Physical Education for Class XII" Prachi Publication, ISBN: 978-81-7730-848-8.
- 11. Shaw D. (2020) "Physical Education for Class XI" Prachi Publication, ISBN: 978-81-7730-847-1.
- 12. Shaw D. (2020) "Physical Education Practical Manual for Class XII" Prachi Publication, ISBN: 978-81-937698-1-2.
- 13. Shaw D. (2020) "Parable Global English Hindi Dictionary of Physical Education & Sports Sciences" Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.

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