

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)
SEM- 3 (GE-5)

OLYMPIC EDUCATION

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
5.	SEM- 3 (GE-5) OLYMPIC EDUCATION	04	3	0	1	XII Pass	NIL

LEARNING OBJECTIVES:

To impart knowledge about Olympism and its functions through the various International sports federation, National committees, and IOC commissions.

LEARNING OUTCOMES:

1. Students will gain deep knowledge about ancient and modern Olympics, administration, organization of the Olympic Games, and functions of the IOC.
2. The students will develop an understanding and knowledge of the Concept of the Olympic movement, the ancient Olympic Games, and the Modern Olympic Games and its movement. It also helps to know about the aims and symbols of the Olympic movement and the International Olympic Committee (IOC).
3. The students will develop an understanding and knowledge of The National Olympic Committee (NOC), International Sports Federations (IFs), National Sports Federations (NFs), Volunteerism and Olympic games.
4. The students will learn about the Organization of the Olympic Games, the international bid process for selecting sites/cities for the games, Participation in the Olympic Games, and about Women & sports.
5. The students will learn and understand the Olympic solidarity program and culture of Olympism.

SYLLABUS

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

Theory: 45 hours, Practical: 30 hours.

UNIT – I THE OLYMPIC MOVEMENT

(11 Hrs. lectures)

- 1.1 Concept of Olympic movement, the Ancient Olympic Games and the Modern Olympic Games and its movement
- 1.2 Aims and symbols of the Olympic movement.
- 1.3 The International Olympic Committee (IOC).

UNIT – II STRUCTURE OF THE OLYMPIC MOVEMENT

(11 hrs. lectures)

- 2.1 The National Olympic Committee (NOC).
- 2.2 The International Sports Federations (IFs) and
- 2.3 The National Sports Federations (NFs).

UNIT – III THE OLYMPIC GAMES

(11 hrs. lectures)

- 3.1 Organization of the Olympic Games.
- 3.2 Outline of the international bid process for selecting the host city for the games.
- 3.3 Women and sports

UNIT – IV IOC PROGRAMMES

(12 hrs. lectures)

- 4.1 Olympic Solidarity Program.
- 4.2. Paralympics games
- 4.3. Volunteerism in Olympic Games
- 4.4 Fight Against Doping

PRACTICAL

(30 hours)

1. Write a report on the Origin of the Olympic Movement
2. Review of the Olympic Education Program
3. Report on any One Olympic Sport in India
4. Report on Any One Olympian Medalist
5. Report on Any Olympian Medalist of India

Suggested Reading:

1. Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
2. Lumpkin, A. (2007). Introduction to Physical Education, Excises Science, and Sports Studies, McGraw Hill. New York, USA.
3. Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
4. Vanaik A. & Tyagi, Sarita (2018). Encyclopedia of Olympic Movement, Friends Publication. New Delhi
5. Vanaik A. (2005) Sharirik Shiksha ke Maulik Adhar, Friends Publication. New Delhi
6. Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA.
7. Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.
8. Singh, Ajmer et.al (2012), Essentials of Physical Education, Kalyani publishers, New Delhi.
9. Kamlesh, M.L (2013), Foundations of Physical Education, Sports publication, New Delhi.
10. Kanwar, Chand Ramesh (2010), Principles and History of Physical Education, Amit Brothers publication.

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