

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

Course title& Code	Credits	Credit distributionofthe course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-16(4): FUNDAMENTALS OF SPORTS TRAINING	4	3	0	1	Class XII pass	Nil

Learning Objective: - Students will acquire the knowledge (theoretical and practical) and importance of Test measurement and evaluation in physical education and Sports.

Learning Outcomes: After completing the course, the students will be able to:

1. Assess fitness in Sports & exercise.
2. Understand Tests, Measurement, and evaluation and their importance in the field of physical education
3. Construct Tests
4. Understand Physical fitness testing
5. Understand the Anthropometric Measurements
6. Administer Senior Fitness Test

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 MOTOR ABILITIES (10 HOURS)

- **STRENGTH:** Types of strength (maximum strength; explosive strength, Relative Strength and Strength endurance ,etc.) & Determining Factors affecting strength performance and methods of strength training.
- **ENDURANCE:** Definition and significance of endurance, forms of endurance, and Methods to develop endurance.
- **SPEED:** Definition, types of factors determining speed, Methods to develop

speed abilities.

- FLEXIBILITY: Definition ,Factors affecting flexibility; and Methods used to develop flexibility.

UNIT- III TECHNICAL PREPARATION, TACTICS AND PERIODIZATION (15 HOURS)

- Technical preparation: Definition and meaning of technique, skill, and style
Technique training & its implication in various phases;
- Tactics and its aim, Principal of Tactical Preparation.
- Periodization: Need & types of Periodization
- Competition: Preparation for competition, number & frequency, competition preparation.

UNIT-IV SPORTS TALENT IDENTIFICATION & DEVELOPMENT (S.T.I.D). (10 HOURS)

- Concept and definition of S.T.I.D.
- Aspects and contents of S.T.I.D.
- Modern trends of S.T.I.D.
- Indian and some foreign systems of S.T.I.D.

PRACTICAL TESTS

- To measure the five motor abilities- speed, strength, endurance, flexibility and coordinative abilities.
- Selected test for STID- Any two tests.

SUGGESTED READINGS

1. Baechle TR & Earle R W (2000). Essentials of strength training and conditioning. Human Kinetics.USA.
2. NewtonH (2006) Explosive lifting for sports. Human Kinetics.US.
3. Routhan,T (2018), Principles of Sports Training, Sports Publication, New Delhi.
4. Shaw,D(2021),Sports Training: General Theory and Methods of Sports Training and Exercise, Sports Publication, New Delhi.
5. Uppal,A.K(2018) Scientific Principle of Sports Training, Friends Publications, New Delhi.

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

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		
BSc-PE-DSC 17(4): TEST MEASUREMENT AND EVALUATION IN SPORTS	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: After completing the course, the students will be able to:

- Analyze and correlate the components of physical fitness, principles of physical fitness, and benefits of fitness programs.
- 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.
- Identify, apply and correlate different aspects of wellness
- Describe different aspects of behavior modification regarding barriers to change
- 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

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 Sit Ups.
- 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, sitting height, chest circumference, thigh circumference, calf circumference, skinfold measurement (biceps, triceps, subscapular, and suprailiac)

UNIT – IV (9 HOURS)

- 4.1 Sports Skill Test-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test-SAI hockey Test
- 4.2 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

PRACTICAL SYLLABUS (30 HOURS)

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

SUGGESTED READINGS

- Smith, D.C (2010), Test Measurement and Evaluation in Physical Education and Sports, Sports Education Technologies, New Delhi.
- Balyan Sunita (2006). Sharirk Shikshamain Parikshanevnmnaapan. Khel Sahitya. Delhi.
- Baumgartner T A Jackson A S Mahar M T and Rowe D A (2007). Measurement for Evaluation in Physical Education. The McGraw Hill Companies. Inc. New York. USA.
- Kansal DK (2012). A practical approach to Measurement Evaluation in Physical

Education & Sports Selection. Sports & Spiritual Science Publications, New Delhi.

- Miller David K (2006). Measurement by the Physical Educator: Why and How. McGraw-Hill. Boston,U.S.A.
- Sharma JP(2006).Test and measurements in physical education. khel sahitya. Delhi

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SEMESTER-VI

BSc-PE-DSC-18 (4): FITNESS AND WELLNESS MANAGEMNET

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
BSc-PE-DSC-18 (4): FITNESS AND WELLNESS MANAGEMNET	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: After completing the course,

1. The student will understand to analyze and correlate the components of physical fitness, principles of physical fitness, and benefits of fitness programs.
2. The student will comprehend to analyze, correlate, and evaluate regarding fitness profile
3. The student will be able to identify, apply, and correlate different aspects of wellness.
4. The student will comprehend to describe different aspects of behavior modification
5. The student will be able to describe, apply, correlate, and measure different aspects of the daily schedule of achieving quality of life and wellness

THEORY SYLLABUS (45 HOURS)

UNIT–INTRODUCTION TO PHYSICAL FITNESS
HOURS)

(10

- 1.1 Concept and meaning of physical fitness
- 1.2 Components of physical fitness
- 1.3 Significance of Physical fitness in the present scenario.
- 1.4 Association of physical inactivity and diseases

UNIT-II PHYSICAL FITNESS –DEVELOPMENT AND MAINTENANCE (12HOURS)

- Benefits of a fitness program
- Elements of fitness program
- Principles and Methods to Develop and Maintain Components of Physical Fitness- Cardiovascular endurance, muscular endurance, strength, flexibility, and balance.
- Body composition-Definition and importance of body composition and ways to manage desired body composition.
- Assessments done before starting a fitness program

UNIT-III WELLNESS (12HOURS)

- 3.1 Definition, Benefits, and Dimensions of Wellness
- 3.2 Adopting a healthy & positive lifestyle 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-IV BEHAVIOR MODIFICATION (11 HOURS)

- 4.1 Barriers to behavior change
- 4.2 Process of change and Stages of behavior change
- 4.3 SMART GOALS
- 4.4 Modifying Daily Schedule for Fitness and Wellness

PRACTICAL SYLLABUS (30 HOURS)

- Physical Fitness Assessment (Any one Method for each component)- cardio-vascular endurance, flexibility, muscular strength, muscular endurance, balance, and body composition.
- A day's scheduling for a healthy lifestyle for any one age group.

- Yogic Practices and Meditation techniques for Stress management

SUGGESTED READINGS:

- Sharkey,B (2011), Fitness Illustrated, Human Kinetics.
- Thompson,D.L&Howely,T,E(2012),FitnessProfessional'sHandbook,HumanKinetics,Champaign.
- Muller,J.P. (,2003) ,Health Exercise and Fitness,Delhi:Sports.
- Thani,Lokesh, (2003) Rules of Game and Games and Fitness,Delhi:Sports,.

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