

## SEMESTER- III

### BSc-PE-DSE-1 (4): OPTIONAL GAME-1

**\*\* (Select any one game (as per the list) \*\* that hasn't been chosen before in Sem I & II as DSC & as per the facility available)**

### BSc-PE-DSE-1(4)-101:ATHLETICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-101:ATHLETICS	4	2	0	2	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 Outcomes:** The student will

1. Gain knowledge of the historical development, organizational structure, and playfield technology of an Athletics
2. Understand and interpret the rules of various events in track and field, as well as the physiological aspects of warming up and technical coaching.
3. Acquire skills in the sport, learn about various fitness tests and skill evaluations, and assess player performance in technical practices such as sprint races, middle and long-distance races, hurdles, long jump, and shot put.
4. Learn about various fitness components and their forms, and apply this knowledge to improve performance, including track and arena marking for selected events.

### **THEORY SYLLABUS (30 HOURS)**

#### **UNIT-I (07 HOURS)**

- Historical Development and Modern Trends (National and International Level)
- Organizational Structure (State, National, and International Level)

#### **UNIT-II (08 HOURS)**

- Rules related to various Track & field events
- Basis of Warming up and Cooling down and its effect.
- Techniques of Coaching–Peptalk, Pre, during, and Post competition Coaching.

### **UNIT-III (08 HOURS)**

- Basic skills and techniques in various Track & field events: sprint races, middle and long-distance races, hurdles races, jumping event-long jump, throwing events put, hammer throw.

### **UNIT-IV (07 HOURS)**

- Introduction to Physical Fitness components related to various Track & field events
- Track marking and marking of different arenas for selected events mentioned in UNIT-III.

### **PRACTICAL(60 HOURS)**

1. Learning and demonstrating various skills/techniques of sprint races, middle and long-distance races, jumping events jump & High Jump, throwing events put & Discus.
2. Track marking and marking of different arenas for selected events in UNIT III.

### **SUGGESTED READINGS:**

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Bompa O. Tudor and Half G. Gregory. (2009). Periodization Theory and Methodology of Training Human kinetics .NY.
- Handbook-Rules and Regulation. International Athletic Federation (2010).
- 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.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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