

SEMESTER- III

BSc-PE-DSE-1(4)-104: CRICKET

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)-104 CRICKET	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: After completing the course, the students will be able to:

- Understand, interpret and analyze proficiency in a game of one's choice.
- Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/ game.
- Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
- Acquire various skills of sports
- Evaluate fitness and skill test as well as the evaluate player's performance.
- Understand fitness components and its forms.
- Evaluate different components of fitness
- Enhance performance on the basis of knowledge gained in understanding various fitness components.
- Construct different Field/Courts for the game.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Cricket ground

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Cricket

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Cricket performance

PRACTICAL SYLLABUS - (60 HOURS.)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Cricket

SUGGESTED READINGS: -

1. Bomp O. Tudor and Halff G.Gregory.(2009) “Periodization Theory and Methodology of Training ”Human kinetics. NY.
2. Boycott,G.(2010).Play Cricket the Right Way.GreatNorthernBooksLimited,U.K.
3. Cricket(2008).Sports Skills: CricketFielding(KnowtheGame).A&CBlackPublishers.
4. Hobbs,J.(2008).TheGameofCricketAsitshouldbepayed.JepsonPress,USA.
5. Singh,Hardayal.(2019).ScienceofSportsTraining.DVSPublication,N.Delhi.
6. VanaikA.(2017).OfficiatingandCoaching,FriendsPublication.NewDelhi

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