

SEMESTER- III

BSc-PE-DSE-1(4)-106: GYMNASTICS

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)-106: GYMNASTICS	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 Gymnastic Gymnasium

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 Gymnastics

UNIT-IV (07 HOURS)

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

PRACTICAL SYLLABUS - (60 HOURS.)

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

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Humankinetics. NY.
2. Brown(2009).How to Improve at Gymnastics. CrabtreePublishingCo., USA.
3. HarveyFJ (1998).Physical Exercises & Gymnastics. KhelSahitya.NewDelhi.
4. JainR(2005).PlayandLearnGymnastics.KhelSahitayaKendra
5. Mitchell,D.,Davis, B.andLopez,R.(2002). Teaching FundamentalGymnasticsSkills.HumanKinetics, USA.
6. Price, R.G. (2006). The Ultimate Guide to Weight Training for Gymnastics. 2ndEd.Sportsworkout.com.
7. SchlegelEandDunn,CR.(2001).TheGymnasticsBook:TheYoungPerformer’sGuideto Gymnastics.FireflyBooks,USA.
8. Singh,Hardayal.(2019).ScienceofSportsTraining.DVSPublication,N.Delhi.
9. Stickland,L.R.(2008).GenderGymnastics.TransPacificPress,Japan.
10. 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.