

**Semester-III**  
**BSc-PE-DSE-1(4)-114: SWIMMING**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>BSc-PE-DSE-1(4)-114: SWIMMING</b>	<b>4</b>	<b>2</b>	<b>0</b>	<b>2</b>	<b>Class XII pass</b>	<b>Nil</b>

**Learning Objective:** -The students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcome:** -The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

1. A student will be able to learn about Historical Development, Organizational Structure and Playfield Technology of a sport/game.
2. A student will be able to understand and interpret the rules of the game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.
3. A student will be able to learn and acquire various skills of sports/games, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.
4. A student will be learning about various fitness components and their forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and their testing.

**THEORY SYLLABUS (30 HOURS)**

**UNIT-I (08 HOURS)**

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

**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 Swimming

### **UNIT-IV**

**(07 HOURS)**

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

### **PRACTICAL SYLLABUS -**

**(60 HOURS)**

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

### **SUGGESTED READINGS**

1. David J., Mathur M. (1994). "How to learn swimming in 30 days" UBS Publishers, New Delhi, India.
2. Jain. R. (2003). "Play and Learn Swimming" Khel Sahitya Kendra, New Delhi, India
3. Jain. D. (2003). "Swimming Skills & Rules" Khel Sahitya Kendra, New Delhi, India
4. Hardy, Colin (1987) "Handbook for the Teacher Of Swimming" Pelham books ltd., London (U.K)
5. Bompa O. Tudor and Half G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
6. Thomas, David G., (2005). "Swimming STEPS TO SUCCESS" Human Kinetics, U.S.A
7. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
8. 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.**