

SEMESTER- III

BSc-PE-DSE-1(4)-112: VOLLEYBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/Practic e		
BSc-PE-DSE-1(4)-112: VOLLEYBALL	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 Volleyball Court

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 Volleyball

UNIT-IV (07 HOURS)

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

PRACTICAL SYLLABUS - (60 HOURS)

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

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics, USA.
- Bompa O.Tudor and Half G. Gregory. (2009) Periodization Theory and Methodology of Training Human kinetics. NY.
- Kenny, B. and Gregory, C. (2006). Volleyball: Steps to Success. Human Kinetics, USA.
- Scates, A. and Linn, M. (2002). Complete Conditioning for Volleyball. Human Kinetics, USA.
- Shondell, D. and Reynaud, C. (2002). The Volleyball Coaching Bible. Human Kinetics, USA.
- Singh, Hardayal. (2019). Science of Sports Training. DVSPublication, N. Delhi.
- The National Alliance for Youth. Sports (2009). Coaching Volleyball For Dummies Publishers, USA.
- Volleyball, USA (2009). Volleyball: Systems and Strategies. Human Kinetics, USA.
- 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.