

Semester-III

BSc-PE-DSE-1(4)-115: WRESTLING

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)-115: WRESTLING	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 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)

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

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 Wrestling

UNIT-IV

(07 HOURS)

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

PRACTICAL SYLLABUS -

(60 HOURS)

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

SUGGESTED READINGS

1. Gable, D. (1999) “Coaching Wrestling Successfully” Human Kinetics, U.S.A
2. Camaione D. & Tillman K. (1980) “Teaching & Coaching Wrestling A Scientific Approach” John Wiley & Sons. Inc., U.S.A.
3. Kumar N. (2005) “Play & Learn Wrestling” Khel Sahitya Kendra, New Delhi, India.
4. Patwardhan G. (2002) “Coaching Successfully Wrestling” Sports Publication, Delhi.
5. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
6. 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.