

SEMESTER-V

DSE-3(4):GAME OF SPECIALIZATION I

(Select any one game from the games already studied in Sem I to IV as DSC/DSE Game)

SEMESTER-V

BSc-PE-DSE-3(4)-301 (i):ATHLETICS

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-3(4)-301 (i): ATHLETICS	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of athletics on the ground and will have a command of the basic and advanced rules and regulations of marking the track and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Marking, constructing, and maintaining Track & Field,
2. Prepare technically Focused Athletic Events
3. Train children, beginners, intermediate players(advanced sportspersons) seniors (high performance sportspersons)
4. Apply Safety measures and prevent injuries
5. Manage injuries' Causes
6. Rehabilitate and massage athletes
7. Organize athletics meet
8. Identify the classification and components of nutrition and energy requirements of athletes in specified events.

THEORY SYLLABUS (30 HOURS)

UNIT-I TRAINING AND TECHNICAL PREPARATION FOR SPECIFIED ATHLETIC EVENTS (8 HOURS)

- 1.1 Technical preparation
- 1.2 Marking, construction, and maintenance of Track & Field
- 1.3 Physical, physiological, psychological and sociological characteristics of athletes
- 1.4 Technical Preparation for Focused Athletic Events, Required motor abilities and their technical preparation, Technical and tactical preparation, Physical, physiological, psychological and sociological characteristics of athletes

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS (8 HOURS)

- 2.1 General training for children, Training for beginners, Training for intermediate players (advanced sportspersons)
- 2.2 Training for seniors (high-performance sportspersons)
- 2.3 Safety measures and prevention of injuries, Management of Injuries
- 2.4 Causes and remedies of injuries
- 2.5 Physiotherapy, rehabilitation, and massage

UNIT-III ORGANIZATION OF THE ATHLETICS MEET (7 HOURS)

- 3.1 Structure and organization of the athletics meet
- 3.2 Budgeting, purchase of equipment
- 3.3 Preparation, execution, and conclusion of the respective events
- 3.4 Protocols and Ceremonies

UNIT-IV SPORTS NUTRITION (7 HOURS)

- 4.1 Meaning, definition, classification, and components of nutrition
- 4.2 Energy requirements of athletes in specified events
- 4.3 Nutritional requirements of athletes: pre-, during, and post-competition phases
- 4.4 Electrolytes – sports drinks, minerals, and supplements: pre-, during, and post-competition

PRACTICALS (60 HOURS)

1. Identify and implementation warming up cooling down exercises
2. Supplementary exercises for specified events, practice, and training of selected events
3. Propose to organize an athletic meet

REFERENCES

- Renwick, G.R., (2001) Play Better Athletics, Delhi: Sports Pub.,
- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and

Methodology of Training” Human kinetics. NY.

- Handbook-Rules and Regulation. International Athletic Federation (2010).
- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
- Maughan, R. and Gluson, M. (2004). The Biomechanical Basics of Athletic Performance. Oxford University Press, U.K.
- Vanaika. (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.