

Semester-V
BSc-PE-DSE-3 (4)-301 (iii):BASKETBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3 (4)301 (iii): BASKETBALL	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of basketball in the ground and will have a command of the basic and advanced rules and regulations of marking the court and conducting a tournament.

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

1. Organize -Select teams and conduct camps
2. Understand Prerequisites of preparation and training
3. Marking, construct and maintain Basketball court,
4. Officiate and Coach with understanding of Duties/responsibilities
5. Identifies Protocols of referees, judges, umpires, Role of sports psychologists, sports physiotherapists, and fitness trainers
6. Train children, beginners, intermediate players (advanced sportspersons) seniors (high performance sportspersons)
7. Organize Competitions
8. Train motor components through technical preparation
9. Conduct Tests (AAHPERD Youth Fitness Test, AAHPERD Health-related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test, Skill Tests – AAHPERD, Johnson Basketball Test Battery, SAI Test Battery, Knox Test Evaluation of team performance) Observe techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I PERFORMANCE ASSESSMENT OF ATHLETES (8 HOURS)

- 1.1 Organization-Selection of a team and conduct of a camp, Playfield technology- planning, construction and maintenance of a basketball court
- 1.2 Conduct a tournament, Short-term and long-term planning for the organization of a competition
- 1.3 Report writing, photography, analysis, and commentary
- 1.4 Evaluation of players' performance during matches, Video analysis of skills and

techniques, Assessment of prospective opponents

UNIT-II PREPARATION AND TRAINING (8 HOURS)

2.1 Prerequisites of preparation and training

2.2 Preparation, pre-contact movement, contact Teaching progression, Coaching points, Drills for skill development (any five), Defense patterns and drills (zone and man - man drill), Lead up games for beginners in basketball, Teaching of basketball skills - preparing a lesson plan and tactical application.

2.3 Development of motor components with specific reference to basketball, Specific training methods for different positions

2.4 Development of basketball-specific fitness components

UNIT-III ORGANIZATION (7 HOURS)

3.1 Selection of a team and conduct of camps.

3.2 Playfield technology-planning, construction, and maintenance of Basketball Court.

3.3 Conduct of a Tournament

3.4 Short-Term and Long-Term Planning for organization of a competition.

3.5 Report writing, photography, analysis, and commentary.

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

4.1 Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health-related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test

4.2 Skill Tests – AAHPERDD, Johnson Basketball Test Battery, SAI Test Battery, Knox Test

4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

PRACTICAL (60 HOURS)

1. General and specific warm-up

2. Teaching fundamental skills

3. Drills to develop fundamental skills

4. Drills for defense and offense system

5. Preparing and taking lesson plans for above

6. One-on-one measurement, development, and evaluation of motor components

7. Preparing training load and schedule for basketball players

8. Executing: Fitness test, Knowledge test, Specific skill test

9. Organizing Basketball tournaments.

SUGGESTED READINGS

1. Jain, (2003) Naveen Play and Learn Basket Ball, Khel Sahitya Kendra, New Delhi-
2. Sharma O.P. (2003) Basket Ball Skills and Rules, Khel Sahitya Kendra Delhi-
3. Thani, Yograj, (2002) Coaching Successfully Basket Ball, Sports Publisher, Delhi-.
4. Drewett, J. (2007). How to Improve at Basketball. Crab Tree Publishing Co., USA.
5. Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, US.
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.