

Semester-V
BSc-PE-DSE-3 (4)-301 (vii):HANDBALL

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 (vii): HANDBALL	4	2	0	2	Class XII pass	NIL

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

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

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, construct and maintain handball court,
5. Officiate and Coach with understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Role of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high performance sportspersons)
8. Organize Competitions
9. Train motor components through technical preparation
10. Conduct Tests (AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill tests – Cornish Handball Test
11. Evaluate of team performance-observes techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS (8 HOURS)

- 1.1 Latest rules and their Interpretations
- 1.2 Match Analysis-Evaluation of players' performance during matches, Video analysis of skills and techniques,
- 1.3 Assessment of Prospective Opponents.

1.4 Duties and responsibilities of officials

1.5 Mechanism of officiating and scoring

UNIT-II PREPARATION AND TRAINING (8 HOURS)

2.1 Prerequisites of preparation and training

- Theory of handball training process

2.2 Basic Skills And Techniques

- Catching – chest level, head and reaching height, side, below waist, one hand, in air
- Passing – straight shoot pass (with and without blocking), underhand, wrist, push and bounce
- Shooting (throw on goal) - straight shot with variation, jump shot with variation, jump shot long (near shot zone)
 - Jump shot (long shot zone), penalty shot (7 m.), jump fall shot, side straight
 - shot, back flick, lob
- Dribbling – high and low
- Feints – a system of feints, play round and off, offensive and defensive
- Goalkeeper
- Preparation, pre-contact movement, contact
- Teaching Progression
- Coaching points
- Tactical application
- Drills for skill development (Any Five)

2.3 The Court Defense – general characteristics, teaching progression and coaching tips, position-specific and other defense drills, Lead - games for beginners in handball, Teaching of handball skills - preparing a lesson plan.

2.4 Development of motor components with specific reference to handball, Specific training methods for different positions

2.5 Development of handball-specific fitness components

UNIT-III ORGANIZATION (8 HOURS)

3.1 Selection of a team and conduct of a camp.

3.2 Playfield technology planning, construction and maintenance of the handball 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 (8 HOURS)

4.1 Fitness tests - 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 – Cornish Handball Test

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

PRACTICALSYLLABUS (60 HOURS)

- 1.Learning and demonstrating various skills/ techniques of sports.
- 2.Learning to demonstrate various drills for perfecting a skill
- 3.Learning and demonstrating to complete the process of scoring/judgment.

SUGGESTED READINGS

1. Jain, D., Play & Learn Handball, New Delhi, Khel Sahitya Kendra, 2003.
- 2.Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- 3.Kleinman, I. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics, USA.
- 4.Surhone, L.M. et.al, (2010). Team Handball. Betascript Publishing, USA
- 5.Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers, USA.
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.