

**Semester-V**  
**BSc-PE-DSE-3 (4)-301 (x):KABADDI**

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 (x): KABADDI	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. The learner will be able to use the knowledge of Kabaddi in the court 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. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, constructing and maintaining Field/court,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Apply Safety measures and prevent injuries
9. Manage injuries' Causes
10. Rehabilitate and massage athletes
11. Organize Competitions
12. Identify classification and components of nutrition and energy requirements of athletes in specified events
13. Train motor components through technical preparation

**THEORY SYLLABUS (30 HOURS)**

**UNIT-I Skill, Tactics & Technical Aspects (8 HOURS)**

- Advance defensive skills in kabaddi
- Advance offensive skills in kabaddi
  - Concept of tactics and strategy
  - Offensive and defensive tactics in kabaddi

#### **UNIT-II Performance Dimensions (8 HOURS)**

- Anatomical Consideration in a kabaddi.
- Physiological basis to performance in a kabaddi.
- Bio-mechanical analysis of skills/techniques.
- Psychological concept in kabaddi.
- Sociological concept in kabaddi.

#### **UNIT-III Athlete Care & Rehabilitation in Kabaddi (7 HOURS)**

- Preventive and safety measures in kabaddi
- Sports injuries in kabaddi
- P.R.I.C.E. Injury Treatment Principle
- Rehabilitation Methods

#### **UNIT-IV Organization & Officials (7 HOURS)**

- Selection & conduct of coaching Camps
- Officials' Qualification, duties & Knowledge of Score sheet
- Organization of a Kabaddi tournament
- Report Writing on the Kabaddi Tournament.

#### **Practical Syllabus (60 HOURS)**

1. Skills & its developing exercises (Drills)
2. Officiating in a Kabaddi Match

3. Scoring in a Kabaddi Match

4. Demonstration and practice of Tactical Pattern

### **SUGGESTED READINGS**

1. Kumar, Dharmander. (2018). Kabaddi and It's Playing Techniques. Writers Choice, New Delhi.
2. Kumar, Dharmander. (2023). Kabaddi Dynamics: Skill, Technics, Tactics & Science, Khel Sahitya Kendra, New Delhi.
3. Mishra, S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
4. Syal, M. (2004). Kabaddi Teaching. Prerna Parkashan, New Delhi.
5. 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.**