

Semester-V

BSc-PE-DSE-3 (4)-301(xi):KHO-KHO

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(xi): KHO-KHO	4	2	0	2	Class XII passes	NIL

Learning Outcome: - The learner will be able to use the knowledge of Kho-Kho in the court and will have a command on 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, construct and maintain Field/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. Apply Safety measures and prevent of injuries
9. Manage injuries' Causes
10. Rehabilitate and massage athletes
11. Organize Competitions
12. Identify classification and components of nutrition, Energy requirements of athletes in specified events
13. Train motor components through technical preparation
14. Conduct Tests (AAHPERD Youth Fitness Test, AAHPHED Health Related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill Tests.
15. Evaluation of team performance- observe techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS (8 HOURS)

2.1 Latest Rules, and their Interpretations

2.2 Match analysis- Evaluation of player's 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

o Theory of Kho-kho Training Process

2.2 Basic skills and techniques

o Running – chain game - single chain, double chain 3-3-2

o Feint

o Dosing

o Oval

o Chasing – pole dive – sitting, running, fake, and pole dive

o Sitting and block

o Dive – air dive, sitting dive, flat dive

2.3 Preparation, pre-contact movement, contact, Teaching progression, Coaching points, Tactical application, Drills for skill development (any five), The court defense – general characteristics, teaching progression and coaching tips, position-specific and other defense drills, Lead - up games for beginners in Kho-kho, Teaching of Kho-kho skill - preparing a lesson plan

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

2.5 Development of Kho-kho-specific fitness components

UNIT-III ORGANIZATION (7 HOURS)

3.1 Organization and Constitution of KKFU and Affiliated Units, Organization- Selection of a team and conduct of a camp,

3.2 Playfield technology planning, construction and maintenance of Kho-Kho Court,

3.3 Conduct of a tournament,

3.4 Short-term and long-term planning for the 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, Barrow General Motor Ability Test.
- 4.2 Skill tests
- 4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

Practical (60 HOURS)

- 1. Skills & its developing exercises (Drills)
- 2. Officiating in a Kho-kho Match
- 3. Scoring in a Kho-kho Match
- 4. Demonstration and practice of Tactical Pattern
- 5. Measurement of Sport-specific skill tests

SUGGESTED READING

- 1. Chakrabarty, G., Kho - Kho Aveloken, Delhi, Khel Sahitya Kendra, 2002.
- 2. Panday, L., Kho - Kho Sarvaswa, New Delhi Metropolitan, 1982.
- 3. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
- 4. 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.