

Semester V

BSc-PE-DSE-3 (4)-301 (xiv): SWIMMING

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 (xiv): SWIMMING	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use swimming knowledge and have a command of the basic and advanced skills and will have knowledge of rules and regulations for competitions and conducting competition.

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

1. Set pool profile for competitions
2. Officiate and Coach with an understanding of Duties/responsibilities
3. Identifies Protocols of referees, judges. Roles of sports psychologists, sports physiotherapists, and fitness trainers
4. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
5. Apply Safety measures and prevent injuries
6. Manage injuries' Causes
7. Rehabilitate and massage athletes
8. Organize Competitions
9. Identify classification and components of nutrition and energy requirements of athletes in specified events
10. Train motor components through technical preparation

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR SWIMMING (8 HOURS)

- 1.1 Training of motor components required in the game of swimming
- 1.2 Technical preparation – reflexes, perceptual sense, neuro-muscular coordination
- 1.3 Construction and maintenance of swimming pools, equipment etc.
- 1.4 Physical, physiological, and Psychological preparation
- 1.5 Officiating and Coaching -Duties/responsibilities, qualifications, and qualities of a coach, Philosophy of coaching, Qualifications, and responsibilities/functions of

technical officials, Protocols of referees, judges

1.6 Role of sports psychologists, sports physiotherapists and fitness trainers

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS (8 HOURS)

2.1 Systematizing training process for swimming players – general warming-up, specific warming-up and cooling-down

2.2 Supplementary exercises, basic skills in swimming

2.3 Training for beginners, Training for intermediate players - advanced sportspersons, Training for seniors - high-performance sportspersons.

2.4 Prevention of injuries and Safety measures.

UNIT-III ORGANISATION OF THE COMPETITION (7 HOURS)

3.1 Planning for the Competition

3.2 Selection of men, material and management

3.3 Concluding the competition – submission of accounts, preparing a report

3.4 Protocols and Ceremonies

UNIT-IV DIET, NUTRITION AND SPORTS PERFORMANCE (7 HOURS)

4.1 Meaning, definition, classification, and components of nutrition

4.2 Energy requirements of swimmers

4.3 Nutritional requirements of swimming players: pre-, during, and post-competition phases

PRACTICALS (60 HOURS)

1. Demonstration of skills

2. Training for advanced skills for competitions

3. Shadow practice and pressure training, planning for competition,

4, Organization of competition/seminar/workshop.

SUGGESTED READINGS

1. David J., Mathur M. (1994). “How to learn swimming in 30 days” UBS Publishers, New Delhi, India.

2. Jain. R. (2003). “Play and Learn Swimming” Khel Sahitya Kendra, New Delhi, India

3. Jain. D. (2003). "Swimming Skills & Rules" Khel Sahitya Kendra, New Delhi, India
4. Hardy, Colin (1987) "Handbook for the Teacher Of Swimming" Pelham books ltd., London (U.K)
5. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
6. Thomas, David G., (2005). "Swimming STEPS TO SUCCESS" Human Kinetics, U.S.A
7. Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi.
8. 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.