

Semester-V
BSc-PE-DSE-3 (4)-301 (xv): WRESTLING

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 (xv): WRESTLING	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Wrestling and will have a command on the basic and advance rules and regulations of Wrestling 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 maintain Field/court,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, 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
14. Conduct related physical fitness tests

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR WRESTLING (8 HOURS)

- 1.1 Required motor abilities for wrestlers
- 1.2 Technical preparation, Competition area, equipment, etc
- 1.3. Physical, physiological and psychological preparation
- 1.4 Officiating and Coaching-Qualifications, qualities and Responsibilities of a Coach, philosophy of coaching,
- 1.5 Qualifications and responsibilities/functions of technical officials

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS AND SAFETY MEASURES (8 HOURS)

- 2.1 Systematizing training process for players – warming up, cooling-down, supplementary exercises, basic skills in Wrestling
- 2.2 Training for beginners, Training for intermediate players, Training for high performers
- 2.3 Prevention of injuries Causes and remedies of injuries in Wrestling and safety measures

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

- 3.1 Meaning, definition, classification, and components of nutrition
- 3.2 Energy requirements of Wrestlers
- 3.3 Nutritional guidelines for Judokas: pre-, during, and post competition phases

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

- 4.1 Fitness tests for Wrestlers
- 4.2 Skill/Playing Ability Tests for Wrestling players

PRACTICAL (60 HOURS)

1. Warming-up (general and specific), cooling down, supplementary and stretching exercises
2. Demonstration of Wrestling techniques
3. Training in fundamentals of Wrestling
4. Visit to a Wrestling Centre
5. Planning for competitions
6. Organization of a competition/seminar/workshop/clinic

SUGGESTED READINGS

1. Gable, D. (1999) "Coaching Wrestling Successfully" Human Kinetics, U.S.A
2. Camaione D. & Tillman K. (1980) "Teaching & Coaching Wrestling A Scientific Approach" John Wiley & Sons. Inc., U.S.A.
3. Kumar N. (2005) "Play & Learn Wrestling" Khel Sahitya Kendra, New Delhi, India.
4. Patwardhan G. (2002) "Coaching Successfully Wrestling" Sports Publication, Delhi.
5. Bompa O. Tudor and Half G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
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.