

SEMESTER VI DSE (Choose one from a pool of courses)

**BSc-PE-DSE-4 (4): Game of Specialization-I - Teaching and Coaching
(GAME TO BE CONTINUED FROM SEM V)**

**SEMESTER VI
GAME OF SPECIALIZATION-I -TEACHING AND COACHING
BSc-PE-DSE-4 (4)-401(i): ATHLETICS**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-I - Teaching and Coaching BSc-PE-DSE-5 (4)-401(i):ATHLETICS	4	2	0	2	Class XII pass	NIL

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

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

- Officiate and coach athletics
- Identifies the Importance and principles of officiating in athletics, Relation of official and coach with management, players, and spectators
- Understands the Role of the Coach as a Mentor and duties of a coach in general, pre-, during, and postgame
- Understand the Philosophy of Coaching
- Identifies Responsibilities of a coach on and off the field, Psychology of competition, and coaching in athletics
- Fulfill Duties of officials in general, pre-, during and post game,
- Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
- Inculcate Qualities and Qualifications of Coach and Official
- Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in athletics
- Importance and principles of officiating in athletics
- Relation of official and coach with management, players, and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in athletics

UNIT- III: Duties of Official (7 HOURS)

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, movement etc.
- Ethics of officiating in athletics

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualifications of coach and official in athletics
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental techniques- throws/jumps/track events (any three).
2. Prepare a teaching /coaching lesson plan on any two advanced techniques -throws/jumps/track events (any three).
3. Demonstration of various techniques related to throws/jumps/track events (any three)

SUGGESTED READINGS

1. Renwick, G.R., (2001) Play Better Athletics, Delhi: Sports Pub.,.
2. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
3. Handbook-Rules and Regulation. International Athletic Federation (2010).
4. Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
5. Maughan, R. and Gluson, M. (2004). The Biomechanical Basics of Athletic Performance. Oxford University Press, U.K.
6. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
7. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.