

SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(iii):BASKETBALL

| 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-4 (4)-401(III): BASKETBALL | 4 | 2 | 0 | 2 | Class XII pass | NIL |

Learning Objective: - The learner will be able to use the knowledge of basketball on the court and will have a command on the basic and advance rules and regulations of marking the court and conducting a tournament.

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

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. 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 basketball
- Importance and principles of officiating in basketball
- 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 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 basketball

UNIT- III: Duties of Official (7 HOURS)

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

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

- Qualities and qualification of coach and official in basketball
- 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 skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills

3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Jain, (2003) Naveen Play and Learn Basket Ball, Khel Sahitya Kendra, New Delhi-
- Sharma O.P. (2003) Basket Ball Skills and Rules, Khel Sahitya Kendra Delhi-
- Thani, Yograj, (2002) Coaching Successfully Basket Ball, Sports Publisher, Delhi-.
- Drewett, J. (2007). How to Improve at Basketball. Crab Tree Publishing Co., USA.
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, US.

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