

SEMESTER VI

GAME OF SPECIALIZATION-I- TEACHING AND COACHING

BSC-PE-DSE-4 (4)-401(vi): GYMNASTICS

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(vi): GYMNASTICS	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Gymnastics on the floor and will have a command of the basic and advanced rules and regulations of marking the floor 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 Gymnastics
- Importance and principles of officiating in Gymnastics
- 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 Gymnastics

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, and movement, etc.
- Ethics of officiating in Gymnastics

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

- Qualities and qualification of coach and official in Gymnastics
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports

PRACTICAL SYLLABUS (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 techniques of Gymnastics (any three)

SUGGESTED READINGS

1. Code of Points Trampoline Gymnastics, Federation Int. De Gymnastics, 2005.
2. Federation Internationale Gymnastics, Federation Int. De Gymnastics, 2006.
3. Jain, R., (2005) Play and Learn Gymnastics, Khel Sahitya Kendra,.
4. Jain, R., (2003) Play and Learn Gymnastics, New Delhi: Khel Sahitya Kendra,.
5. Brown (2009). How to Improve at Gymnastics. Crab tree Publishing Co., USA.
6. Stick land, L.R. (2008). Gender Gymnastics. Trans Pacific Press, Japan.
7. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
8. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
9. 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.