

SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSc-PE-DSE-4 (4)-401(xiv): SWIMMING

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
TEACHING AND COACHING BSC-PE-DSE-4 (4)-401(xiv): SWIMMING	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will have knowledge of Swimming and will have a command of the basic and advanced rules and regulations of Swimming and conducting a tournament.

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

11. Officiate and coach the game/sports
12. Officiate in the sports/games
13. Identifies Relation of official and coach with management, players and spectators
14. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
15. Understand Philosophy of coaching
16. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
17. Fulfill Duties of official in general, pre, during and post game,
18. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
19. Inculcate Qualities and Qualifications of Coach and Official
20. 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 Swimming
- Importance and principles of officiating in Swimming

- 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 Pool Area
- Psychology of competition and coaching in Swimming

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 Swimming

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

- Qualities and qualifications of coach and official in Swimming
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Pool 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

- 1.Jain. D. (2003). “Swimming Skills & Rules” Khel Sahitya Kendra, New Delhi, India
- 2.Hardy, Colin (1987) “Handbook for the Teacher Of Swimming” Pelham books ltd., London (U.K)
- 3.Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of

Training” Human kinetics. NY.

4. Thomas, David G., (2005). “Swimming STEPS TO SUCCESS” Human Kinetics, U.S.A

5. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,

6. 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.