

**SEMESTER VI**  
**GAME OF SPECIALIZATION-I- TEACHING AND COACHING**  
**BSc-PE-DSE-4 (4)-401(xvi): TABLE TENNIS**

| 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(xvi): TABLE TENNIS | 4       | 2                                 | 0        | 2                   | Class XII pass       | NIL                                  |

**Learning Objective:** - The learner will be able to use the knowledge of Table Tennis on the court and will have a command of the basic and advanced 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 Table Tennis
- Importance and principles of officiating in Table Tennis

- 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 Table Tennis

#### 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 Table Tennis

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

- Qualities and qualifications of coach and official in Table Tennis
- 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

- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- Jain D. (2001) “ Teaching& Coaching Table Tennis” Khel Sahitya Kendra, Delhi.

- Burn B. (1979) “ The Science of Table Tennis” S. Chand & Company ltd., N. Delhi.
- Jain D. (2003) “Table Tennis skills & Rules” Khel Sahitya Kendra, N. Delhi.
- 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,
- 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.**