

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

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(XII): VOLLEYBALL	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Volleyball 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
11. Prepare a teaching /coaching lesson plan
12. Demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

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

- Concept of officiating and coaching in Volleyball
- Importance and principles of officiating in Volleyball
- 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 Volleyball

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 Volleyball

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

- Qualities and qualification of coach and official in Volleyball
- 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 in Volleyball

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 various attacking and defensive drills in Volleyball.

SUGGESTED READINGS

1. The National Alliance for Youth. Sports (2009). Coaching Volleyball

For Dummies Publishers, USA.

2. Volleyball, USA (2009). Volleyball: Systems and Strategies. Human Kinetics, USA.
3. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
4. Kenny, B. and Gregory, C. (2006). Volleyball: Steps to Success. Human Kinetics, USA.
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
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.