

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

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(xv): WRESTLING	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Wrestling and will have a command on the basic and advance rules and regulations of Wrestling 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 Wrestling
- Importance and principles of officiating in Wrestling
- 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 Wrestling Ring
- Psychology of competition and coaching in Wrestling

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 Wrestling

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

- Qualities and qualification of coach and official in Wrestling
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Marking and Dimension of the field/ring in Wrestling

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. Gable, D. (1999) “Coaching Wrestling Successfully” Human Kinetics, U.S.A
2. Camaione D. & Tillman K. (1980) “Teaching & Coaching Wrestling A Scientific Approach” John Wiley & Sons. Inc., U.S.A.
3. Kumar N. (2005) “Play & Learn Wrestling” Khel Sahitya Kendra, New Delhi, India.
4. Patwardhan G. (2002) “Coaching Successfully Wrestling” Sports Publication, Delhi.
5. Bompa O. Tudor and Half G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
6. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
7. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
8. 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.