

**SEMESTER VI**  
**GAME OF SPECIALIZATION-I- TEACHING AND COACHING**  
**BSC-PE-DSE-4 (4)-401(XIII): YOGA**

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(XIII): YOGA	4	2	0	2	Class XII pass	NIL

**Learning Objectives:** - The learner will be able to use the knowledge of Yoga and will have a command on the basic and advance rules and regulations 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 of various Meditation, Shat Kriya (any two)

## **THEORY SYLLABUS (30 HOURS)**

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

- Concept of officiating and coaching in Yoga
- Importance and principles of officiating in Yoga
- 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 of yoga
- Psychology of competition and coaching in Yoga

### **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 Yoga

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

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

## **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 Meditation, Shat Kriya (any two)

## **SUGGESTED READINGS**

1. Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
2. Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
3. Sharma JP and Ganesh S(2007). Yog Kala Ek Prichya. Friends Publication. New Delhi
4. Sharma J. P. (2007). Manav Jeevan evam yoga. Friends Publication. New Delhi.
5. Sharma Jai Prakash and Rathore Bhupender Singh (2007). Yoga Ke Tatva. Friends Publication. Delhi
6. Mukerji, A.P. (2010). The Doctrine and Practice of Yoga. General Books, LLC, New Delhi.
7. Norton, W.W. (2010). Yoga for Osteoporosis: The Complete Guide. W.W. Norton & Company, USA.
8. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
9. 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.**