

Semester – IV
PART – B: PRACTICUM COURSE
BPC – 401 (E): TEAM GAME (HOCKEY)

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	64	64	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the basic skills of Hockey and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the Hockey field, duties of the officials (before, during and after the competition), duties of coach and captain, structure and functions of National and International Hockey federations.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret basic skills of Hockey
- appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

COURSE CONTENTS

Historical development of the Hockey at national and international levels, National and International Bodies controlling Hockey and their affiliated units, Major National and International competitions.

Fundamental Skills

- Player stance & Grip, Rolling the ball, Dribbling
- Push, Stopping, Hit, Flick, Scoop
- Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass,
- Reverse hit, Dodging
- Goal keeping – Hand defence, foot defence
- Positional play in attack and defense.
- Rules and their interpretations and duties of officials.
- Ground Marking.

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT RUBRICS

Marks: 50

- End Semester Exam (External) **Marks: 25**
(Skill Proficiency, Project File, Officiating, Viva)
- Internal **Marks: 25**
(Skill Proficiency, Project File, Officiating, Attendance, Viva)