

Semester – IV
PART – A: THEORY ELECTIVE COURSE
BTE-402: THEORY OF SPORTS AND GAMES (ELECTIVE)

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
2	-	2	32	-	32	15	35	50

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

ESSENCE OF THE COURSE

This course will enable students to understand the concept officiating and coaching. It aims to develop the philosophy of coaching, qualities and qualifications of coach and official, general introduction of specialized games and sports.

COURSE LEARNING OUTCOMES

After completing this course, the students will be able to

- understand the concept and mechanism of officiating and coaching.
- describe the duties of coaches and officials.
- know the ethics and philosophy of coaching and officiating.
- realise the qualities and qualification of coach and officials.
- apply the concept of coaching and officiating.

COURSE CONTENTS

Unit-I: Introduction of Officiating and Coaching

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

- 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

Unit-III: Duties, Qualities and Qualifications of Coach and Official

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating – position, singles and movement etc.
- Ethics of officiating
- Qualities and qualification of coach and official
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- Integrity and values of sports

Unit-IV: General Introduction of specialized games and sports (any two)

- Athletics, Badminton, Basketball, Cricket, Football, Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga

Each game or sports to be dealt under the following heads

- History and development of the Game and Sports
- Ground preparation, dimensions and marking
- Standard equipment and their specifications
- Ethics of sports and sportsmanship
- Recreational and Lead up games
- Strategy – Offence and defense, Principles of offence and defense.

List of Practicum :

- Organization of Intramural competitions
- Organization of Extramural competitions
- Officiating in Intramural competitions
- Officiating in Extramural competitions
- Appearing in District / State Referees Examination

TEACHING LEARNING STRATEGIES

- The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

- Organization of Intramural and Extramural competitions/Field Work/Referee Clinic/Workshop/ Viva/Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

- End Semester Exam **Marks: 35**
- Classroom Test, Project Work, Assignments, Presentations **Marks: 15**
 - Classroom Tests: Best one out of two unit tests **Marks: 05**
 - Project Work, Assignments, Presentations **Marks: 10**

Marks: 50

SUGGESTED READINGS

- Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
- Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.
- Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.