

**Semester I**  
**THEORY COURSE**  
**IMPE 103- TEAM GAMES CATEGORY (VOLLEYBALL, CRICKET, FOOTBALL)**

**IMPE 103 A VOLLEYBALL**

**ESSENCE OF THE COURSE**

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

**COURSE LEARNING OUTCOME**

**After completing this course, the students will be able to**

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

**COURSE CONTENTS**

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

**Fundamental Skills**

**Fundamental Skills**

- o Players Stance-Receiving the ball and passing to the team mates, The Volley (Over head pass), The Dig (Under hand pass).
- o Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- o Lead Up Games-Three Volleys, Three digs,
- o Spike-Straight Arm Spike, Round Arm Spike.
- o Block-Single block.
- o Ground Marking, Rules and Officiating.

**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)  
(Skill Proficiency, Project File, Officiating, Viva)

**Marks:25**

) Internal  
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

**Marks: 25****SUGGESTED READINGS**

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

## IMPE 103 B CRICKET

### ESSENCE OF THE COURSE

This course will enable students to understand the basic skills of Cricket and the ways to improve performance. It aims to develop understanding about the laws of Cricket, dimensions of the Cricket pitch and outfield, duties of the officials (before, during and after the match), duties of coach and captain, structure and functions of BCCI and ICC.

### COURSE LEARNING OUTCOME

**After completing this course, the students will be able to**

- ) acquire, analyze and interpret basic skills of Batting, Bowling and Fielding in Cricket.
- ) appraise the laws of Cricket.
- ) demonstrate and assess various basic skills of Batting, Bowling and Fielding in Cricket.
- ) officiate in match.

### COURSE CONTENTS

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

#### Fundamental Skills

Fundamental Skills

- o Batting-Forward and backward defensive stroke
- o Bowling-Simple bowling techniques
- o Fielding-Defensive and offensive fielding
- o Catching-High Catching and Slip catching
- o Stopping and throwing techniques
- o Wicket keeping techniques

### 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/ Shadow, Partner and Net Practice

### 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)

### SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

## IMPE 103 C FOOTBALL

### ESSENCE OF THE COURSE

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

### COURSE LEARNING OUTCOME

**After completing this course, the students will be able to**

- ) acquire, analyze and interpret basic skills of Football.
- ) appraise the laws of Football.
- ) demonstrate and assess various basic skills and team strategies.
- ) officiate in match.

### COURSE CONTENTS

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

#### Fundamental Skills

- o Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
- o Trapping-trapping rolling the ball, trapping bouncing ball with sole
- o Dribbling-With instep, inside and outer instep of the foot.
- o Heading-From standing, running and jumping.
- o Throw in
- o Feinting-With the lower limb and upper part of the body.
- o Tackling-Simple tackling, Slide tackling.
- o Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.
- o Rules and their interpretations and duties of officials.

### 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

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

**Marks: 50**

### SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.