

## **DISCIPLINE SPECIFIC ELECTIVE (DSE-2A)**

### **SEMESTER V**

**BES-E503**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **HANDBALL**

#### **UNIT-I**

Origin & developmental aspects of Handball at global level

Development of Handball in India

Modern trends and developments in Handball.

Organization of Handball (Federation and Association).

#### **UNIT-II**

Marking

Measurements/ dimensions

Selection of a team.

Conduct of a camp.

#### **UNIT-III**

Conduct of a tournament.

Rules, regulations and their Interpretations

Latest Rules

Duties of Officials

#### **UNIT-IV**

Warming up: - General & Specific

Specific conditioning programme for Handball

Basic skills- offensive & defensive.

Classification of Techniques

### **SUGGESTED BOOKS**