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Semester – IV Theory Courses
BPD-E404 THEORY OF SPORTS AND GAMES (ELECTIVE)

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Defining the fundamental concepts of various games and sports.

CO-2.Memorizing the layout of various games and sports.

CO-3.Explaining the concepts of General rules and regulations of various games and sports.

CO-4.Explaining the concepts of skills and equipment's of various games and sports.

CO-5.Establishing various scientific principles for ground marking of various games and sports.

UNIT-I-INTRODUCTION

General Introduction of specialized games and sports– (15 Hrs.)

Athletics: Layout of Track and Field, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Badminton: Layout of Badminton Court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Basketball: Layout of Basketball Court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Cricket: Layout of Cricket ground, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

UNIT- II

(15 Hrs.)

Football: Layout of Football field, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Gymnastic Layout of Gymnastic floor, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Hockey: Layout of Hockey field, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Handball: Layout of Handball court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Kabaddi: Layout of Kabaddi court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Kho-Kho: Layout of Kho-kho court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

UNIT-III

(15 Hrs.)

Squash: Layout of Squash court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Softball: Layout of Softball diamond, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Tennis: Layout of Tennis court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Volleyball: Layout of Volleyball court, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

Wrestling: Layout of Wrestling arena, General rules, Basic Skills, Equipment's, major Tournaments and major Awards

UNIT-IV

Each game or sports to be deal 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

