

PED111:OFFICIATING AND COACHING-I

L:4 T:0 P:0 Credits:4

Course Outcomes: Through this course students should be able to

CO1 :: explain the principles of officiating and coaching.

CO2 :: prepare the layout of football playfield and its all specifications.

CO3 :: prepare the layout of volleyball court and its all specifications.

CO4 :: infer the rules and regulations of track and field events.

CO5 :: demonstrate various types of yogic asanas.

Unit I

Introduction of Officiating : concept of officiating, principles of officiating, importance of officiating, qualifications for officials conducting various tournaments

Unit II

Introduction of Coaching : concept of coaching, principles of Coaching, importance of coaching, qualifications of a coach

Unit III

Football: Rules and regulations : dimensions, layouts and marking of fields of football, rules and their interpretations of football, qualification and number of officials in the football, coaching in the football

Unit IV

Volleyball: Rules and regulations : dimensions, layouts and marking of fields of volleyball, rules and their interpretations of volleyball, qualification and number of officials in the volleyball, coaching in the volleyball

Unit V

Athletics: Rules and regulations : dimensions, layouts and marking of standard athletic track, rules and their interpretations of running events in athletics, qualification and number of officials in the Various track events, coaching in the track events, relay events, hurdles events, combined events-decathlon, heptathlon, pentathlon, concept of scoring sheet

Unit VI

Yoga: Rules and regulations : introduction and meaning of yoga, types of yoga-raj yoga, mantra yoga, kundalini yoga and tantra yoga, rules and regulations for practice of yoga, coaching in Yoga

Text Books:

1. OFFICIATING AND COACHING IN PHYSICAL EDUCATION by ANIL VANAIAK, FRIENDS PUBLICATIONS
2. PRINCIPLE OF COACHING AND OFFICIATING by JAIN PIYUSH, KHEL SAHITYA KENDRA
3. YOGA EDUCATION by ANJANA KAUL, APH PUBLISHING CORPORATION
4. ATHLETICS: COACHING MANUAL by MONIKA ARORA, SPORTS PUBLICATION

References:

1. SCIENTIFIC PRINCIPLES OF COACHING. by HALL. BUNN, J. W., PRENTICE HALL
2. COACHING, ATHLETICS AND PSYCHOLOGY by ROBERT N. SINGER, MC GRAW HILL

