### B.A./B.Sc. Program in Physical Education w.e.f. 2017-18

#### 1st Semester

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Course Type</th>
<th>LTP</th>
<th>Credit</th>
<th>Marks</th>
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<tbody>
<tr>
<td>CC1A</td>
<td>Foundation and History of Physical Education</td>
<td>Core course</td>
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<td>CC2A</td>
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<td>Core course</td>
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**SEMESTER TOTAL** 22 325

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<tbody>
<tr>
<td>CC1B</td>
<td>Management of Physical Education and Sports</td>
<td>Core course</td>
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**SEMESTER TOTAL** 20 275

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<tbody>
<tr>
<td>CC1C</td>
<td>Anatomy, Physiology and Exercise Physiology</td>
<td>Core course</td>
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<tr>
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**SEMESTER TOTAL** 20 275

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<tr>
<td>CC1D</td>
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<td>Core course</td>
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**SEMESTER TOTAL** 20 275
# B.A./B.Sc. Program in Physical Education

## 5th Semester

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<td>Tests, Measurements and Evaluation in Physical Education</td>
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<td>Sports Training</td>
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<td>Modern trends in Physical Education and Sports Sciences</td>
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<td>SEC 3</td>
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<td>Indian Games (any one)- Kabaddi / Kho-Kho And Racket Sports (any one)- Badminton/ Table Tennis</td>
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**SEMMESTER TOTAL** 20 275

## 6th Semester

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<td></td>
<td>Ball Games (any two) Football/Handball/Basketball/ Volleyball/ Netball/ Throwball</td>
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**SEMMESTER TOTAL** 20 275
SEMESTER- 1

CORE PAPER-1: Foundation and History of Physical Education
Corse Code- CC1A
Total number of classes - 60

Unit- I: Introduction
Meaning and definition of Physical Education.
Aim and objectives of Physical Education.
Modern concept of Physical Education.
Importance of Physical Education.

Unit- II: Biological and Sociological Foundations of Physical Education LH - 18
Age- Chronological age, anatomical age, physiological age and mental age.
Sociological Foundation- Meaning and definition of Sociology, Society and Socialization.
Role of games and sports in National and International integration.

Unit- III: History of Physical Education LH - 18
Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period.
Olympic Movement- Ancient Olympic Games and Modern Olympic Games.
Brief historical background of Asian Games and Commonwealth Games.
National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award.

Unit- IV: Yoga Education LH - 12
Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga.
History of Yoga.
Astanga Yoga
Hatha Yoga

FIELD PRACTICAL
1. Learn and demonstrate the technique of Suryanamaskar.
2. Development of physical fitness through Callisthenics and Aerobic activities.

REFERENCES
SEMESTER- 2

CORE PAPER- 2: Management of Physical Education and Sports
Course Code- CC1B
Total number of classes - 60

Unit- I: Introduction
Concept and definition of Sports Management.
Important of Sports Management.
Purpose of Sports Management.
Principles of Sports Management.

Unit- II: Tournaments
Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge).
Procedure of drawing fixture.
Method of organising Annual Athletic Meet and Play Day.
Method of organising of Intramural and Extramural competition.

Unit- III: Facilities and Equipments
Method of calculation of Standard Athletic Track marking.
Care and maintenance of play ground and gymnasium.
Importance, care and maintenance of sports equipments.
Time Table: Meaning, importance and factors affecting Time Table.

Unit- IV: Leadership
Meaning and definition of leadership.
Qualities of good leader in Physical Education.
Principles of leadership activities.
Hierarchy of Leadership in School, College and University level.

FIELD PRACTICAL
Lay out knowledge and Officiating ability-
1. Track and Field events (any one).

REFERENCES
SEMESTER- 3

CORE PAPER- 3: Anatomy, Physiology and Exercise Physiology
Corse Code- CC1C
Total number of classes - 60

Unit- I: Introduction
Meaning and definition of Anatomy, Physiology and Exercise Physiology.
Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.
Human Cell- Structure and function.
Tissue- Types and functions.

Unit- II: Musculo-skeletal System
Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female.
Muscular System- Type, location, function and structure of muscle.
Types of muscular contraction.
Effect of exercise on muscular system.

Unit- III: Circulatory System
Blood- Composition and function.
Heart- Structure and functions. Mechanism of blood circulation through heart.
Blood Pressure, Athletic Heart and Bradycardia.
Effect of exercise on circulatory system.

Unit- IV: Respiratory System
Structure and function of Respiratory organs.
Mechanism of Respiration.
Vital Capacity, O₂ Debt and Second Wind.
Effect of exercise on respiratory system.

LAB PRACTICAL
1. Assessments of BMI and WHR.
2. Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).

REFERENCES
SEMESTER- 3

Track and Field
Course code: SEC 1

1. Track Events
   Starting Techniques: Standing start and Crouch start (its variations) use of Block.
   Acceleration with proper running techniques.
   Finishing technique: Run Through, Forward Lunging and Shoulder Shrug.
   Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing.

2. Field events (any two)
   High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing.
   Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O’Brien Technique).
   Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).
   Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).
SEMESTER- 4

CORE PAPER- 4: Health Education, Physical Fitness and Wellness

Corse Code- CC1D

Total number of classes - 60

Unit- I: Introduction
Concept, definition and dimension of Health.
Definition, aim, objectives and principles of Health Education.
Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).
School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record.

Unit- II: Health Problems in India- Prevention and Control
Communicable Diseases- Malaria, Dengue and Chicken Pox.
Non-communicable Diseases- Obesity, Diabetes and AIDS.
Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.

Unit- III: Physical Fitness and Wellness
Physical Fitness- Meaning, definition and Importance of Physical Fitness.
Components of Physical Fitness- Health and Performance related Physical Fitness.
Concept of Wellness. Relationship between Physical activities and Wellness.
Ageing- Physical activities and its importance.

Unit- IV: Health and First-aid Management
First aid- Meaning, definition, importance and golden rules of First-aid.
Concept of sports injuries- Sprain, Strain, Facture and Dislocation.
Management of sports injuries through the application of Hydro-therapy and Thermo-therapy.
Management of sports injuries through the application of Exercise and Massage therapy.

LAB PRACTICAL
1. First-aid Practical- Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica.
2. Practical knowledge on Hydro-therapy and Thermo-therapy.

REFERENCES
1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Oberteuffer, et. al. "The School Health Education".
5. Turner, C.E. "The School Health and Health Education".
7. Nemir A. "The School Health Education" (Harber and Brothers, NewYork).
SEMESTER- 4

Gymnastics and Yoga
Course code: SEC 2

GYMNASTICS

1. Compulsory
   - Forward Roll
   - T-Balance
   - Forward Roll with Split leg
   - Backward Roll
   - Cart-Wheel
   [Note: Perform the above Gymnastic skills continuously in the same sequence]

2. Optional (any two)
   - Dive and Forward Roll
   - Hand Spring
   - Head Spring
   - Neck Spring
   - Hand Stand and Forward Roll
   - Summersault

YOGA

3. Asanas
   3.4 Prone Position
      - 3.4.1 Bhujangasana
      - 3.4.2 Salvasana
      - 3.4.3 Dhanurasana
   3.5 Inverted Position
      - 3.5.1 Sarvangasana
      - 3.5.2 Shirsasana
      - 3.5.3 Bhagrasana
   [Note: One Asana is compulsory from each position]

4. Pranayama (any two)
   - Kapalbhati
   - Bhramri
   - Anulam Vilom.
SEMESTER- 5

Tests, Measurements and Evaluation in Physical Education
Course code: DSE 1
Total number of classes - 60

Unit- I: Introduction
Concept of test, measurement & Evaluation.
Criteria of good test.
Principles of Evaluation.
Importance of Test, Measurement and Evaluation in Physical Education and Sports.

Unit- II: Measurements of Body Compositions and Somatotype Assessment LH - 18
Body Mass Index (BMI)- Concept and method of measurement.
Body Fat- Concept and method of measurement.
Lean Body Mass (LBM)- Concept and method of measurement.
Somatotype- Concept and method of measurement.

Unit- III: Fitness Test LH - 18
Kraus-Weber Muscular Strength Test
AAHPER Youth Fitness Test
Queens College Step Test
Harvard Step Test

Unit- IV: Sports Skill Test LH - 12
Lockhart and McPherson Badminton Skill Test
Johnson Basketball Test Battery
McDonald Soccer Test
Brady Volleyball Test

LAB & FIELD PRACTICAL
1. Assessment of somatotype and % body fat (any one).
2. Assessment of AAHPER Youth Fitness Test and Harvard Step Test (any one).

REFERENCES
SEMESTER- 5

Sports Training
Course code: DSE1
Total number of classes - 60

Unit- I: Introduction
Meaning and definition of Sports Training.
Aim and characteristics of Sports Training.
Principles of Sports Training.
Importance of Sports Training.

Unit- II: Principle of Training and Conditioning
Warming up and Cooling down- Meaning, types and methods.
Conditioning- Concept of Conditioning and its principles.
Training Methods- Circuit Training, Interval Training, Weight Training.
Periodisation- Meaning, types, aim and contents of different periods.

Unit- III: Training Load and Adaptation
Training Load- Meaning, definition, types and factors of training load.
Components of training load.
Over Load- Meaning, causes, symptoms and tackling of over load.
Adaptation- Meaning and conditions of adaptation.

Unit- IV: Training Techniques
Strength- Means and methods of strength development.
Speed- Means and methods of speed development.
Endurance- Means and methods of endurance development.
Flexibility- Means and methods of flexibility development.

FIELD PRACTICAL
1. Practical Experience of Weight Training and Circuit Training (any one).
2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility (any two).

REFERENCES
Modern Trends and Practices in Physical Education Exercise Sciences

(For the students other than Physical Education)

Course code: GE1

Total number of classes - 60

Unit- I: Introduction
Meaning, definition and importance of physical Education and Sports.
Aims, objectives and scope of Physical Education.
Types of sports and their utility in physical education.
Meaning, definition and importance of Physical fitness and Motor fitness. Difference between physical fitness and motor fitness. Components of Physical fitness.

Unit- II: Biological, Psychological and Sociological Foundations of Physical Education
Meaning and definition of Psychology. Importance of Psychology in Physical Education. Qualities of good leader in Physical Education. Principles of leadership activities.
Sociological Foundation- Meaning and definition of Sociology. Social values and their Importance. Socialization Through Sports
Role of games and sports in National and International integration.

Unit- III: History of Physical Education
Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period.
Ancient Olympic Games
Modern Olympic Games.
Asian Games

Unit- IV: Exercise Sciences
Meaning, definition and importance Exercise and Exercise Physiology.
Effects of short and long term exercise on Muscular systems.
Effects of short and long term exercise on Circulatory System.
Effects of short and long term exercise on Respiratory System.

REFERENCES
Indian Games and Racket Sports
Course Code: SEC3

KABADDI

A. Fundamental skills
1. Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line.
2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques.
3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defence.
4. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

OR

KHO-KHO

A. Fundamental skills
1. Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distyal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul.
2. Skills in running: Chain Play, Ring play and Chain & Ring mixed play.
3. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

AND

BADMINTON

A. Fundamental skills
1. Basic Knowledge: Various parts of the Racket and Grip.
2. Service: Short service, Long service, Long-high service.
4. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

OR

TABLE TENNIS

A. Fundamental skills
1. Basic Knowledge: Various parts of the Racket and Grip (Shake Hand & Pen Hold Grip).
2. Stance: Alternate & Parallel.
5. Receive: Push and Chop with both Backhand & Forehand.
6. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.
SEMESTER- 6

Psychology in Physical Education and Sports
Corse Code- DSE2
Total number of classes - 60

Unit- I: Introduction
Meaning and definition Psychology.
Importance and scope of Psychology.
Meaning and definition Sports Psychology.
Need for knowledge of Sports Psychology in the field of Physical Education.

Unit- II: Learning
Meaning and definition of learning.
Theories of learning and Laws of learning.
Learning curve: Meaning and Types.
Transfer of learning- Meaning, definition type and factors affecting transfer of learning.

Unit- III: Psychological Factors
Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports.
Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports.
Personality- Meaning, definition and type Personality traits.
Role of physical activities in the development of personality.

Unit- IV: Stress and Anxiety
Stress- Meaning, definition and types of Stress.
Causes of Stress.
Anxiety- Meaning, definition and types of Anxiety.
Management of Stress and Anxiety through physical activity and sports.

LAB PRACTICAL
1. Assessment of Personality, Stress and Anxiety (any one)

REFERENCES
SEMESTER- 6

Dissertation/ Project

Subjects: Physical Fitness Components, Body composition and Somatotype, Educational Tour, Leadership Camp, Non-communicable diseases, ....................

Project Report Format:
- Introduction
- Procedure
- Results
- Conclusions
- Recommendations
- References
SEMESTER- 6

Health Education and Tests & Measurements in Physical Education

(For the students other than Physical Education)

Course Code: GE-2

Total number of classes - 60

Unit- I: Introduction

- Concept, definition and dimension of Health.
- Definition, aim, objectives and principles of Health Education.

Unit- II: Health and First-aid Managements

- First aid- Meaning, definition, importance and golden rules of First-aid.
- Concept of sports injuries- Sprain, Strain, Facture and Dislocation.
- Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.
- Hypo-kinetic Diseases and Physical Activities- Obesity and Diabetes.

Unit- III: Measurement of Body Compositions and Somatotype Assessmen

- Body Mass Index (BMI)- Concept and method of measurement.
- Body Fat- Concept and method of measurement.
- Lean Body Mass (LBM)- Concept and method of measurement.
- Somatotype- Concept and method of Assessment

Unit- IV: Fitness Test

- Kraus-Weber Muscular Strength Test
- AAHPER Youth Fitness Test
- Queens College Step Test
- Harvard Step Test

REFERENCES

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
3. Turner, C.E. "The School Health and Health Education".
FOOTBALL

A. Fundamental Skills
1. Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick.
2. Trapping: Trapping the Rolling ball, and the Bouncing ball with sole of the foot.
3. Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot.
4. Heading: In standing, running and jumping condition.
6. Feinting: With the lower limb and upper part of the body.
8. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting.
9. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

HANDBALL

A. Fundamental Skills
1. Catching, Throwing and Ball control,
2. Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot.
4. Attack and counter attack, simple counter attack, counter attack from two wings and center.
5. Blocking, Goal Keeping and Defensive skills.
6. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

BASKETBALL

A. Fundamental Skills
2. Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running.
3. Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble.
5. Rebounding: Defensive rebound and Offensive rebound.
6. Individual Defence: Guarding the player with the ball and without the ball, Pivoting.
7. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.
**Volleyball**

**A. Fundamental skills**
1. Service: Under arm service, Side arm service, Tennis service, Floating service.
3. Spiking and Blocking.
4. Game practice with application of Rules and Regulations.

**B. Rules and their interpretation and duties of officials.**

**Netball**

**A. Fundamental skills**
1. Catching: one handed, two handed, with feet grounded and in flight.
2. Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce).
3. Footwork: Landing on one foot, landing on two feet, Pivot, Running pass.
4. Shooting: One hand, forward step shot, and backward step shot.
5. Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed.
6. Defending: Marking the player, marking the ball, blocking, inside the circle, outside the circle. Defending the circle edge against the passing.
8. Game practice with application of Rules and Regulations.

**B. Rules and their interpretation and duties of officials.**

**Throwball**

**Fundamental skills:**

Overhand service, Side arm service, two hand catching, one hand overhead return, side arm return.

Rules and their interpretations and duties of officials.