

SEMESTER-I

Course Title: INDIAN GAMES

Course Type-Skill Enhancement Course

Per week:6 Hours (3 Credits)

Total Marks: =50

Course Outcome:

- I. To learn the basic skills related to the different Indian Games.
- II. Improvement of physical attributes along with the mental capacity of an individual leading towards the ultimate goal of overall development.
- III. To enhance the neuro-muscular coordination along with other physical factors.
- IV. To learn about the rules and regulation of Kabaddi and Kho-Kho games.

PRACTICAL PART: Total marks - 40 (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

UNIT –I Kabaddi (Marks-20)

- 1.1. Raiding Skills: Touching with hands, Use of Leg, toe touch, squat leg thrust, side kick, mule kick, arrow

Fly kick, crossing of baulk line, crossing the bonus line.
- 1.2. Holding Skills: Wrist, Hand and Waist Catch. Techniques of various chain formation. Additional Skills in Raiding: Escaping Techniques from various holds, techniques of escaping from various chain formation.
- 1.3. Game practice with Practical Knowledge of rules and regulations.

UNIT-II Kho-Kho (Marks-20)

- 2.1. Skills in Chasing: Sit on the box (parallel & Bullet toe methods), Get up from the box (proximal & Distal foot method), Give Kho (Simple, early, late and judgment), Tiger Jump, Pole turn, pole drive, Trapping, Hammering, Rectification of foul.
- 2.2. Skills in Running: Chain play, Ring play, Ring play and chain & ring mixed play.
- 2.3. Game Practice with practical knowledge of rules and regulations.

Guideline for Record Book–Content of Record Book-History, Major Rules Regulation, National and International Level Tournament, Name of famous National and International Players, Major Skill (Fundamentals with Picture).

SUGGESTED READINGS:

- Saha, A.K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
- Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata.
- Atkins, J.R. (1872). The Book of Racquets. A Practical Guide to the Game and its History and to the different Courts in which it is played London: Frederick Warne & Co.
- Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab
- কৰ শুভব্ৰত এবং মন্ডল, ইন্দ্রনীল (২০১০) উচ্চতর শারীরশিক্ষা, শারীরশিক্ষা প্রকাশনী, শিউড়ি বীরভূম।

SEMESTER-II

Course Title: Ball Game and Racket Game

Course Type-Skill Enhancement Course

Per week:6 Hours (3 Credits)

Total Marks: =50

Course Outcome:

- i. To learn the basic skills related to the different ballgames and also the racket games.
- ii. Improvement of physical attributes along with the mental capacity of an individual leading towards the ultimate goal of overall development.
- iii. To enhance the neuro-muscular coordination along with other physical factors.
- iv. To learn about the rules and regulation of different ball and racket games

PRACTICAL PART: Total marks-40 (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

UNIT-I BALL GAME (ANY TWO)

15X2=30

1.1 FOOTBALL

- 1.1.1 Kicking Skills: Instep kick, Inside kick, Lofted kick (Half volley and Full volley) in-swing and out-swing kicks.
Receiving Skills: With Sole of the foot, Inside and Outside of the foot, with Thigh Hand Chest.
Dribbling: Inside dribbling, Outside dribbling and Zig-zag dribbling.
Heading: Standing and Jumping and Throw- in: In Standing and in Running Condition
- 1.1.2 Goalkeeping–Static and Dynamics Condition
- 1.1.3 Game practice and practical knowledge of rules and regulations.

1.2 VOLLEYBALL

- 1.2.1. Service: Under arm service, Over Head service, Side arm service, Floating service Pass:
Under Arm Pass, Over Head Pass
- 1.2.2 Spiking and Blocking, Rotation and Movement of Libero
- 1.2.3 Game practice with practical knowledge rules and regulations

1.3 NETBALL

- 1.3.1 Catching: One hand, Two hands with feet grounded and flight.
Throwing (Different passes and their uses): One hand passes-, High should pass, Under arm pass, Bounce pass, Lob pass, Two hand Passes – Push pass, Over head pass and Bounce pass.
Foot work: Landing on one foot, Landing on two feet, Pivot, Running pass.
Shooting: One hand Shot, Forward step shot, and Backward step shot. Techniques of free dodge and sprint, Sudden sprint, Sprint and Stop, Sprinting with change of speed.
- 1.3.2. Defending: Marking the player, Marking the ball, Blocking inside the circle, Blocking outside the circle, Defending the circle edge against the passing. Intercepting: Pass and Shot
- 1.3.3 Game practice with practical knowledge of rules and regulations.

1.4. HANDBALL

- 1.4.1. Fundamental Skills, Catching, Throwing and Ball control
- 1.4.2. Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot.
- 1.4.3. Dribbling: High and low.
- 1.4.4. Attack and counter attack, simple counter attack, counter attack from two wings and center.
- 1.4.5. Blocking, Goal Keeping and Defensive skills.
- 1.4.6. Game practice with application of Rules and Regulations.
- 1.4.7. Game practice with practical knowledge of rules and regulations.

UNIT-II RACKET GAME (ANY ONE)

10X1=10

2.1 BADMINTON

- 2.1.1. Racket parts, Racket grips, Shuttle grip
- 2.1.2 Service: Short service, Long service, Long high service
Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Smash.
- 2.1.2. Game practice with practical knowledge of rules and regulations.

2.2 TABLE TENNIS

- 2.2.1. Basic Knowledge: Grip of Racket, Shake hand grip, Pen hold grip. Stance-Alternate & Parallel Stance.
- 2.2.2. Push and Service: Backhand, Forehand. Chop: Backhand and Forehand.
Receive: Push and chop with Back hand and Forehand.
- 2.2.3. Game practice with practical knowledge of rules and regulation.

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Tournament, Name of famous National and International Players, Major Skill (Fundamentals with Picture).

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- Atkins, J.R. (1872). The Book of Racquets. A Practical Guide to the Game and its History and to the different Courts in which it is played London: Frederick Warne & Co.
- [Lord Aberdare](#). The JTFaber Book of Tennis and Rackets. London: Quiller Press, 2001. ISBN 1-899163-62-X.
- Jamaica Netball Association. "The History of Netball". Archived from the original on 18 March 2011. Retrieved 13 March 2011.
- "Young Netballers March On". *Jamaican Gleaner*. 10 April 2008. Archived from the original on 8 October 2012.
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- Shekar, K.C. (30 August 2008), "Volleyball: Skills and Techniques" Khel Sahitya Kendra, ISBN-10: 8175244100