

EC -404 Theory of Sports and Games.

Unit- I.

Introduction:

1.1 General Introduction of specialized game and sports - Athletics, badminton, football, volleyball, Kho-Kho, Kabaddi, handball, gymnastics, cricket, hockey etc. History and development of the above games and sports ((any two).

1.2 Ground preparation, dimension and marking

1.3 Standard equipment and their specification

1.4 Ethics of sports and sportsmanship.

Unit - 2: Scientific principles of catching(particular sports and game specific)

2.1 Motion- Types of motion and displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motion.

2.2 Force- Friction, Centripetal and Centrifugal force, principles of force.

2.3 Equilibrium and level: Their types

2.4 Sports Training - Aims, Principles and characteristics, Training load - Component. Principles of load, overload (Causes and symptoms), Crest load, Maximum and Sub-maximum load.

Unit- 3: Physical fitness components (Particular sports and Games specific)

3.1 Definition and types of Speed, Strength and Endurance.

3.2 Flexibility and its types

3.3 Coordinative ability and its types

3.4 Training methods: Development of Components of Physical fitness and fitness through following training methods (Continuous method, Interval method Circuit method, Fartlek and Weight method)

First of all you go through the syllabus. Then I will discuss one by one.

I am giving you an assignment from unit-I - History from starting to update development of Athletics - by SRP