

SYLLABI AND SCHEME OF EXAMINATIONS
FOR
MINOR COURSES (MIC)
FOR
UNDERGRADUATE PROGRAMES
(SINGLE MAJOR) IN
B.SC SPORTS SCIENCE

(Based on curriculum and Credit Framework guidelines for UG Programs under NEP 2020)



MAHARSHI DAYANAND UNIVERSITY
ROHTAK (HARYANA)

Syllabi and Scheme of Examinations for Minor Courses (MIC) of Under Graduate Single Major in B.Sc Sports Science

Minor Courses (MIC)/ Minor (Vocational) Course MIC(VOC)	TYPE OF PROGRAM				Credits Distribution			Total Credits	Workload			Total Workload	Marks		
	SINGLE MAJOR PROGRAM	MULTIDISCIPLINARY PROGRAM			L	T	P		L	T	P		Theory	Practical	Total Marks
	SEMESTER	SEMESTER	Nomenclature of Course	Course Code									Internal	External	
MIC 1 @ 4 credits	1	1	Health, Recreation & Sports	24PES401MI01	4	0	0	4	4	0	0	4	30	70	100
MIC 2 @ 4 credits	2	3	Physical Fitness and Conditioning	24PES402MI01	4	0	0	4	4	0	0	4	30	70	100
MIC 3@ 4 credits	3	6	History & Principles of Phy. Edu.	25PES403MI01	4	0	0	4	4	0	0	4	30	70	100
MIC 4 (VOC) @ 4 credits	4	4	Sports Journalism and Mass Media	25PES404MV01	4	0	0	4	4	0	0	4	30	70	100
MIC 5 (VOC) @ 4 credits	5	5	Athletics Care and Rehabilitations	26PES405MV01	4	0	0	4	4	0	0	4	30	70	100
MIC 6 (VOC) @ 4 credits	6	6	Basic of Games: Football	26PES406MV01	2	0	2	4	2	0	4	6	15	35	100
MIC 7 (VOC) @ 4 credits	7	7	Basic of Games: Hockey	27PES407MV01	2	0	2	4	2	0	4	6	15	35	100
MIC 8 (VOC) @ 4 credits	8 (4yr. UG Hons.)	8 (4yr. UG Hons.)	Basic of Games: Cricket	27PES408MV01	2	0	2	4	2	0	4	6	15	35	100
MIC 8 (VOC) @ 4 credits	8 (4yr. UG Hons. With Research)	8 (4yr. UG Hons. With Research)	Basic of Games: Cricket	27PES408MV01	2	0	2	4	2	0	4	6	15	35	100

L: Lecture; T: Tutorial; P: Practical

Note:

1. Course coding of Minor courses for Single Major Programs will be applicable for Multidisciplinary Programs/ Multidisciplinary Programs after 2nd semester irrespective of their offering in any semester.
2. The student who selects any Minor Course (MIC) of any discipline in first semester should study the Minor courses (MIC) in the same discipline in the subsequent semesters. However, while exercising the option for choosing Minor Vocational Course MIC (VOC), the student may opt the discipline either related to the discipline of Minor Course or the discipline of Major Course or any other discipline as per his/her choice.

Syllabi for Minor Courses (MIC) Under Graduate Programs for (Single Major) in B.Sc Sports Science Semester: I

Name of Program	B.Sc. (Sports Science)	Program Code	USSS4
Name of the Course	Health, Recreation & Sports	Course Code	24PES401MI01
Hours per Week	04 Hours	Credits	04 (L:4,T:0,P:0)
Maximum Marks	100 {External (term-end exam) – 70} (Internal – 30)	Time of Examinations	03 Hours

Note: The question paper shall contain nine questions in all. Candidate will attempt five questions. Question No. 1 shall be compulsory, comprising of seven short answer type questions covering the entire syllabus. Each short answer type question shall be of two marks. There shall be eight long answer type questions, two from each unit. Out of these the candidate must attempt four questions, selecting only one question from each unit. All questions carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Understand the basics of health, fitness, and recreation, including activities and planning.

CLO 2: Learn about communicable diseases, stress management, first aid, sports injuries, and the impact of harmful substances on health.

CLO 3: Explore the introduction, aims, and objectives of games and sports, and the significance and types of tournaments.

CLO 4: Gain knowledge about physical culture, training, major athletic events, and national sports achievements and awards.

Unit 1: Health and Recreational Activities

- Meaning, Definition and Dimensions of Health
- Health related fitness
- Meaning definition & importance of recreation
- Recreation Activities –Outdoor and Indoor, Water Sports Activity
- Planning criteria of Recreation Activity.

Unit 2: Disease Prevention and Injury Care

- Communicable diseases – transmission and methods of prevention
- Anxiety and Stress management
- First-aid, Sports Injuries and their treatment
- Effect of Tobacco, Alcohol and Drugs on Health
- Postural deformities, types and treatment

Unit 3: Introduction to Games, Play and Tournaments

- Introduction of games and sports
- Meaning aims and objectives of play, various theory of play
- Importance of tournament, types of tournaments
- Intramural and Extramural Tournament

Unit 4: Physical Culture and Olympic Movement

- Meaning of Physical Culture, Physical Training, Athletes and Aquatics
- History of Ancient and Modern Olympics Games
- Asian Games and Indian performance
- National Sports Day, National Sports Award

References:

1. Brymer, E (2009). "The Role of Extreme Sports in life-style enhancement and wellness"
2. In Proceeding of the 26th Achper International Conference: Creating Active Futures (PP. 285-299). Australia: School of Human Movement Studies, Queensland University of Technology, Brisbane, QLD 4059.
3. Katz L., Parker J., Tyreman.H, (2006). "Virtual Reality in Sports & Wellness- Promise and Reality? International Journal of Computer Science in Sport, 4 (14).4-16
4. Punnya, L, (2017) Health Education and Sports Nutrition, Khal Sahitya Kendra
5. Prentice lat. E. (2014) Rehabilitation Techniques in Sports Medicine.
6. Essentials of Physical Education, Dr. Ajmer Singh.

Semester: II

Name of Program	B.Sc. (Sports Science)	Program Code	USS4
Name of the Course	Physical Fitness and Conditioning	Course Code	24PES402MI01
Hours per Week	04 Hours	Credits	04 (L:4,T:0,P:0)
Maximum Marks	100 {External (term-end exam) – 70} (Internal – 30)	Time of Examinations	03 Hours

Note: The question paper shall contain nine questions in all. Candidate will attempt five questions. Question No. 1 shall be compulsory, comprising of seven short answer type questions covering the entire syllabus. Each short answer type question shall be of two marks. There shall be eight long answer type questions, two from each unit. Out of these the candidate must attempt four questions, selecting only one question from each unit. All questions carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Knowledge of Physical Fitness components

CLO 2: Anthropometric measurements for assessing body composition.

CLO 3: Benefits of Physical Exercises.

CLO 4: Importance of warming up.

CLO 5: Knowledge of training method.

Unit 1: Physical Fitness and Conditioning Techniques

- Introduction of Physical Fitness variables and conditioning
- Assessment of Health-Related Fitness Components
- Aerobic and Anaerobic exercise for body, Methods and facilities for Aerobic and Anaerobic Training
- Flexibility Development exercises

Unit 2: Exercise Methods and Training Tools

- Training methods, Principles and Types of Training
- Variation of sets and repetitions, Intensity for Weight Training
- Exercise with Swiss and Medicine Ball, Theraband and Tubing
- Different Types of Exercises for upper body and lower body
- Warming-Up and Cooling-Down.

Unit 3: Posture, Anthropometry, and Nutrition

- Introduction of Posture and its Types
- Anthropometric measurements for body
- Assessing body composition through BMI
- Postural deformities and treatment
- Balance diet & its components

Unit 4: Health Benefits and Special Population Fitness

- Benefits of Physical activity
- Exercises during Pregnancy, Exercises for Back and Neck
- Obesity- Causes, Consequences and Management
- Effect of Drugs on Health

- Eating disorder – Anorexia Nervosa and Bulimia Nervosa

References:

1. American Alliance for health, physical education & recreation (1999). Physical education for lifelong fitness, the physical best teacher guide human kinetics P.O. Box 5076 champaign Il 61825-5076
2. Rebert malt 2001. 90 – day fitness pean .DK publishing lnc 95, Madison avenue
3. The national association for sports &phy. Edu. (1990) concepts of physical education. What every student need to know association of drive restonvn 20191-15999(703) 476-3410
4. Smily R. foster kareynhartiger & Katherine a smith (2002)
5. Fitness fun, human kinetics publisher
6. Sharma O.P. (2010) Handbook of Health Education and Sports Khel Sahitya Kendra.

Semester: III

Name of Program	B.Sc. (Sports Science)	Program Code	USS4
Name of the Course	History & Principles of Physical Education	Course Code	25PES403MI01
Hours per Week	04 Hours	Credits	04 (L:4,T:0,P:0)
Maximum Marks	100{External (term-end exam) – 70} (Internal – 30)	Time of Examinations	03 Hours

Note: The question paper shall contain nine questions in all. Candidate will attempt five questions. Question No. 1 shall be compulsory, comprising of seven short answer type questions covering the entire syllabus. Each short answer type question shall be of two marks. There shall be eight long answer type questions, two from each unit. Out of these the candidate must attempt four questions, selecting only one question from each unit. All questions carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Students will be able to identify key stages in the historical development of physical education in India.

CLO 2: Students will be able to explain the biological principles influencing physical growth and exercise.

CLO 3: Students will be able to understand the psychological foundations of learning and performance in physical education.

CLO 4: Students will be able to analyze the role of physical education in promoting social values and leadership.

Unit 1: Historical development of physical education in India

- Physical education in Indus valley civilization (3250–2500 bc)
- Physical education during Vedic period (2500–600 bc)
- Early & later Hindu period (600 bc–1000 ad)
- Early & later British period (before 1947 & post-1947)

Unit 2: Biological principles of physical education

- Growth and development
- Age and gender differences
- Body types (somatotypes)
- Biological benefits of exercise

Unit 3: Psychological principles of physical education

- Types of learning in physical education
- Learning curve and performance
- Theory of learning
- Laws and principles of learning

Unit 4: Sociological principles of physical education

- Relationship between society and physical education
- Leadership through sports
- Social integration through physical activities

- Physical education and gender equality

References:

1. Sharma, V. M. (2010). History and Principles of Physical Education. New Delhi: Sports Publications.
2. Rao, V. K. (2012). Principles of Physical Education. New Delhi: APH Publishing Corporation.
3. Khan, E. A. (2009). History of Physical Education. New Delhi: Surjeet Publications.
4. Choudhary, S. (2015). Biological and Psychological Foundations of Physical Education. New Delhi: Khel Sahitya Kendra.
5. Rajagopalan, T. S. (2011). Sociology of Sports and Physical Education. New Delhi: Sports and Spiritual Science Publications.

Semester: IV

Name of Program	B.Sc. (Sports Science)	Program Code	USS4
Name of the Course	Sports Journalism and Mass Media	Course Code	25PES403MI01
Hours per Week	04 Hours	Credits	04 (L:4,T:0,P:0)
Maximum Marks	100 {External (term-end exam) – 70} (Internal – 30)	Time of Examinations	03 Hours

Note: The question paper shall contain nine questions in all. Candidate will attempt five questions. Question No. 1 shall be compulsory, comprising of seven short answer type questions covering the entire syllabus. Each short answer type question shall be of two marks. There shall be eight long answer type questions, two from each unit. Out of these the candidate must attempt four questions, selecting only one question from each unit. All questions carry equal marks.

Course Learning Outcomes (CLO):

CLO 1: Student will be able to describe the basic principles, ethics, and responsibilities in sports journalism.

CLO 2: Student will be able to create structured sports bulletins and develop effective sports reporting skills.

CLO 3: Student will be able to demonstrate the use of mass media and social media tools in sports journalism.

CLO 4: Student will be able to report and document live sports events using writing, photography, and broadcasting techniques.

CLO 5: Student will be able to organize and manage press meets and apply editorial skills in sports content publication.

Unit 1: Basics of Journalism and Sports Ethics

- Meaning, definition and importance of journalism.
- Ethics and canons of journalism – honesty, fairness, responsibility, and accuracy in reporting.
- Reporting of sports events – techniques for writing reports on live matches and tournaments.
- National and international sports news agencies – role of agencies like PTI, AFP, Reuters in sports news.

Unit 2: Sports Bulletin and Role of Journalism in Sports

- Concept and structure of a sports bulletin – parts of a bulletin: headline, content, conclusion.
- Types of sports bulletins – live, recorded, daily, weekly, or special event-based.
- Journalism and sports education – how journalism supports learning and awareness in sports.
- Relationship between sports organizations and journalism – role of media in event coverage and promotion.

Unit 3: Mass Media & Social Media Tools in Sports Journalism

- Radio and tv commentary – structure and style of live sports commentary.
- Role of experts in sports broadcasting – analysis and expert opinions in post-game discussions.
- Importance of advertisement in sports media – sponsorships and revenue generation.
- Sports photography – use of cameras and techniques for capturing live sports action.
- Editing and publishing – basics of editing sports images and publishing in print and digital media.
- Role of social media in present scenario.

Unit 4: Mega Sporting Events and Practical Reporting

- Overview of major tournaments – Olympic games, Asian games, Commonwealth games, World cups, National games.
- Indian traditional sports – kabaddi, kho-kho, mallakhambh, and their media coverage.
- Writing a report for an annual sports meet – format, tone, and accuracy in writing for newspapers.
- Organizing a press meet – planning, coordination, and media management for sports events.
- Editing a sports report – checking facts, grammar, layout, and headlines before publication.

References:

1. Bhattacharya, A. (2022). Sports Journalism and Broadcasting. New Delhi: Khel Sahitya Kendra.
2. Jaiswal, M. (2020). Media and Sports Communication. Meerut: Sports Publications India.
3. Srivastava, R. (2019). Fundamentals of Mass Communication and Journalism. New Delhi: Wisdom Press.
4. Yadav, S. (2021). Sports Media in India: Role and Impact. Patiala: Friends Publications.
5. Sharma, V. K. (2023). Contemporary Sports Journalism. New Delhi: Lakshay Publication.

Name of Program	BSc (Sports Science)	Program Code	
Name of the Course	Athletic Care and Rehabilitation	Course Code	26PES405MV01
Hours per Week	03 Hours	Credits	04 (L:4,T:0,P:0)
Maximum Marks	100{External (term-end exam) – 70}, (Internal – 30)	Time of Examinations	03 Hours

Note: The candidate will attempt five questions out of nine in total. Question No. 1, which is compulsory, will consist of 10 short-answer questions covering the entire syllabus, each carrying one marks. There will be four units, with each unit having two long questions. The candidate must attempt four questions, selecting one question from each unit, with each question carrying 15 marks.

Course Learning Outcomes (CLO):

After completing this course, the learner will be able to:

CLO1: Explain the concept, importance, and role of athletic care in Physical Education and sports.

CLO2: Identify common sports injuries, their causes, and basic symptoms.

CLO3: Demonstrate basic first aid and immediate care techniques for sports injuries.

CLO4: Understand injury prevention methods, rehabilitation principles, and safe return to sports activities.

Unit 1: Introduction to Athletic Care

- Meaning and concept of Athletic Care
- Importance of Athletic Care in sports and physical education
- Role of Athletic Care in prevention of sports injuries
- Responsibilities of a Physical Education teacher / coach in athletic care

Unit 2: Common Sports Injuries

- Meaning of sports injuries
- Causes of sports injuries
- Types of sports injuries:
 - Soft tissue injuries
 - Hard tissue injuries
- Common sports injuries in games and athletics

Unit 3: Prevention and First Aid of Sports Injuries

- Principles of injury prevention
- Warm-up and cool-down in injury prevention
- First aid management of common sports injuries

• Use of basic first aid equipment • Role of rest, ice, compression, and elevation (RICE)		
Unit 4: Care, Rehabilitation, and Fitness Recovery • Meaning and importance of rehabilitation • Care of injured athletes • Basic rehabilitation exercises • Return to play concept • Importance of fitness and conditioning in injury recovery		
References: 1. J.E. Peterson & W. Renstrom - <i>Sports Injuries: Their Prevention and Treatment</i> 2. D. Peterson & P. Renstrom - <i>Sports Injuries</i> 3. S.P. Singh - <i>Sports Injuries and Rehabilitation</i> 4. P.K. Ghosh - <i>Sports Medicine</i> 5. Chaurasia, B.D. - <i>Human Anatomy (Selected sections related to injuries)</i> 6. Ajmer Singh - <i>Essentials of Physical Education</i>		
Suggested Evaluation Methods	End Term Exam: 70 Marks Time = 3 hours	Internal Assessment: 30 Marks
	Five questions from entire syllabus = 10x1 marks = 10 marks One question from each Units (I to IV) = 4x15 marks = 60 marks	Class Presentation = 5 marks 2 Assignment/ Quiz = 10 marks Mid Term Test = 5 marks Whole Syllabus Test = 10 marks

Name of Program	Bsc (Sports Science)	Program Code	
Name of the Course	Basic of games: Football	Course Code	26PES406MV01
Hours per Week	03 Hours	Credits	02 (L:2,T:0,P:2)
Maximum Marks	50{External (term-end exam) – 35}, (Internal – 15)	Time of Examinations	03 Hours
Note: The candidate will attempt five questions out of nine in total. Question No. 1, which is compulsory, will consist of 7 short-answer questions covering the entire syllabus, each carrying one marks. There will be four units, with each unit having two long questions. The candidate must attempt four questions, selecting one question from each unit, with each question carrying 7 marks.			
Course Learning Outcomes (CLO): After completing this course, the learner will be able to: CLO1: Analyze the history and organizational hierarchy of football at global and national levels. CLO2: Demonstrate and teach the fundamental technical skills required for effective match play. CLO3: Apply the official FIFA Laws of the Game and verify field specifications for organizing matches. CLO4: Design basic tactical formations and understand the role of modern technology in football officiating.			
Unit–I: Historical Evolution and Governance • Origin and History of Football (from "Cuju" to the modern game in England) • Role and Structure of FIFA (Fédération Internationale de Football Association) • Role of the AIFF (All India Football Federation) and Asian Football Confederation (AFC) • Major International Competitions: FIFA World Cup, UEFA Champions League, and AFC Asian Cup • Growth of Professional Leagues: The Indian Super League (ISL) and European Leagues			
Unit–II: Fundamental Skills and Techniques • Kicking: Passing (Short/Long), Shooting (Power/Placement), and Volleys • Dribbling: Close ball control using different parts of the foot and feints • Heading: Defensive and offensive heading mechanics • Receiving & Trapping: Controlling the ball with the chest, thigh, or sole of the foot • Goalkeeping: Positioning, catching, punching, and diving saves			
Unit–III: Rules, Regulations, and Field Dimensions • Field Dimensions: Length (90m–120m) and Width (45m–90m) for international matches • Ball Specifications: Size 5 ball (Circumference 68cm–70cm) • Player Regulations: Number of players (11 per side), including the mandatory goalkeeper • Laws of the Game: The Offside Rule, Fouls, and Misconduct • The Card System: Yellow Card (Caution) and Red Card (Sent-off)			
Unit–IV: Tactics and Officiating • Common Formations: 4-4-2, 4-3-3, and 3-5-2 • Set Pieces: Execution of Corner Kicks, Free Kicks, Penalty Kicks, and Throw-ins • Officiating Team: Roles of the Referee, Assistant Referees (Linesmen), and Fourth Official • Modern Technology: Introduction to VAR (Video Assistant Referee) and Goal-Line Technology • Injury Prevention: Warm-up drills, hydration, and common injury management (Ankle/Knee)			
References: 1. Luxbacher, J. – Soccer: Steps to Success			

2. *FIFA – Laws of the Game (Latest Edition)*
3. *Anand, R.L. – Play and Learn Football*
4. *Singh, Ajmer et al. – Modern Text Book of Physical Education, Health and Sports*
5. *Cook, M. – 101 Youth Soccer Drills*
6. *Bangsbo, J. & Peitersen, B. – Defensive Soccer Tactics and Offensive Soccer Tactics*

Suggested Evaluation Methods	End Term Exam: 35 Marks Time = 3 hours	Internal Assessment: 15 Marks
	Five questions from entire syllabus = 7x1 marks = 7 marks One question from each Units (I to IV) = 4x7 marks = 28 marks	Class Presentation = 5 marks Mid Term Test = 5 marks Whole Syllabus Test = 5 marks

Practical

Name of Program	BSc (Sports Science)	Program Code	
Name of the Course	Practical (Basic of games: Football)	Course Code	26PES406MV01
Hours per Week	2 Hours	Credits	02(L:2,T:0,P:2)
Maximum Marks	50		

Course Learning Outcomes (CLO):

CLO1: Execute core football techniques—kicking, dribbling, and heading—with mechanical precision and accuracy.

CLO2: Apply tactical formations (e.g., 4-4-2 or 4-3-3) and set-piece strategies effectively during match play.

CLO3: Interpret and demonstrate the 17 Laws of the Game, including complex rules like Offside and misconduct protocols.

CLO4: Design and manage a professional football field layout and lead safety-oriented warm-up sessions.

- **Skill Mastery – Kicking and Finishing:** To demonstrate the technical difference between a Push Pass (accuracy), a Lofted Pass (distance), and an Instep Drive (power shooting).
- **Dribbling and Ball Manipulation:** To execute a timed dribbling course through cones using the "inside-outside" foot technique and demonstrating a "step-over" feint.
- **Receiving and Trapping Drills:** To practice controlling high-velocity balls using the chest, thigh, and sole, focusing on "deadening" the ball for immediate play.
- **Defensive and Offensive Heading:** To demonstrate the mechanics of heading—using the forehead (hairline) for power and direction while maintaining eyes on the ball.
- **Goalkeeping Essentials:** To demonstrate the "Ready Stance," the W-grip catching technique, and the mechanics of a safe diving save.
- **Offside Rule Simulation:** To participate in a field drill that simulates "Offside" scenarios, helping players and student-officials identify the moment of the pass vs. the position of the attacker.
- **Set-Piece Execution:** To plan and execute a strategic Corner Kick and a Direct Free Kick with a simulated defensive wall.
- **Refereeing and Card System:** To simulate the duties of a Referee and Assistant Referee, using the whistle and flags to signal fouls, offsides, and the proper use of Yellow and Red cards.

References:

1. Modern Text Book of Physical Education, Health and Sports by Singh, Ajmer et al. (2022)
2. Science and Soccer by Williams, A.M. (2018)
3. Skills and Strategies for Coaching Soccer by Hargreaves, A. and Bate, R. (2019)

4. FIFA Laws of the Game (Latest Edition 2026) 5. The Coaching Manual: The Definitive Guide to Coaching by Starr, J. (2021) 6. Soccernomics by Kuper, S. and Szymanski, S. (2022) 7. Football Conditioning: A Modern Approach by Bangsbo, J. (2020)	
Suggested Evaluation Methods	Practical:50marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File = 40 marks Attendance=10marks

Name of Program	Bsc (Sports Science)	Program Code	
Name of the Course	Basic of games: Hockey	Course Code	27PES407MV01
Hours per Week	03 Hours	Credits	02 (L:2,T:0,P:2)
Maximum Marks	50{External (term-end exam) – 35}, (Internal – 15)	Time of Examinations	03 Hours
Note: The candidate will attempt five questions out of nine in total. Question No. 1, which is compulsory, will consist of 7 short-answer questions covering the entire syllabus, each carrying one marks. There will be four units, with each unit having two long questions. The candidate must attempt four questions, selecting one question from each unit, with each question carrying 7 marks.			
Course Learning Outcomes (CLO): After completing this course, the learner will be able to: CLO1: Describe the historical significance of hockey and the roles of international and national governing bodies. CLO2: Demonstrate a technical understanding of ball handling, passing, and defensive maneuvers. CLO3: Interpret the official FIH rules, field markings, and equipment standards correctly. CLO4: Analyze tactical formations and the duties of umpires in a competitive match environment.			
Unit–I: Historical Evolution and Governance - Origin and History: From the ancient stick-and-ball games to the standardization of rules at Middlesex, England (1886). - The Golden Era of Indian Hockey: India’s dominance in the Olympics (1928–1980) and the impact of the transition to AstroTurf. - Governance: * FIH (International Hockey Federation): Role in global regulation and tournament organization. - Hockey India (HI): Structure and role in promoting the sport at the national level. - Major Competitions: The Olympic Games, FIH World Cup, Champions Trophy, and the Asian Games.			
Unit–II: Fundamental Skills and Techniques - Grip and Stance: The fundamental "left-hand-top, right-hand-bottom" grip and the athletic ready-position. - Dribbling: * Close Dribble: Keeping the ball "glued" to the stick. - Indian Dribble: Rapid left-to-right movement to bypass defenders. - Passing and Receiving: The Push Pass (accuracy), Slap Hit (speed), and the Full Drive (power). - Aerial Skills: The "Scoop" and "Flick" used to lift the ball safely over an opponent's stick. - Defensive Skills: Flat-stick tackling, Jab tackling, and the "Shadow" defense.			
Unit–III: Rules, Regulations, and Field Dimensions - The Playing Field: Standard dimensions ($91.40\text{m} \times 55.00\text{m}$), the "D" or Striking Circle, and the 23-meter lines. - Equipment Specifications: Weight and length of the hockey stick, ball circumference (224mm–235mm), and mandatory safety gear (shinguards, mouthguards).			

- Duration and Substitutions: Four quarters of 15 minutes each and the "rolling substitution" rule. - Common Violations: "Foot" (kicking the ball), "Back-stick," "Danger play," and "Obstruction." - Penalty Corners and Strokes: Understanding the "Push-Stop-Hit" sequence and the criteria for a penalty stroke.		
Unit–IV: Tactics and Officiating - Team Formations: Common structures like the 4-3-3, 3-4-3, or the modern "Total Hockey" diamond formation. - Goalkeeping: Specialized equipment and the role of the keeper in organized defense and "kickers" usage. - The Officiating Team: Two umpires with designated areas of responsibility and the use of the "Video Umpire" (Review). - The Card System: * Green Card: 2-minute temporary suspension. - Yellow Card: 5 to 10-minute temporary suspension. - Red Card: Permanent exclusion from the match. - Conditioning: Importance of anaerobic power, agility, and injury prevention (hamstring and lower back care).		
References: <i>Modern Text Book of Physical Education, Health and Sports by Singh, Ajmer et al. (2022)</i> <i>Field Hockey: Steps to Success by Anders, E. (2017)</i> <i>The Hockey Handbook by Percival, L. (Revised 2020)</i> <i>FIH Rules of Hockey (Latest Edition 2026)</i> <i>Science and Hockey by Reilly, T. (2018)</i> <i>Hockey India: Coaching Manual (Latest Edition)</i>		
Suggested Evaluation Methods	End Term Exam: 35 Marks Time = 3 hours	Internal Assessment: 15 Marks
	Five questions from entire syllabus = 7x1 marks = 7 marks One question from each Units (I to IV) = 4x7 marks = 28 marks	Class Presentation = 5 marks Mid Term Test = 5 marks Whole Syllabus Test = 5 marks

NameofProgram	BSc (Sports Science)	ProgramCode	
Nameofthe Course	Practical (Basic of games: Hockey)	CourseCode	27PES407MV01
HoursperWeek	2 Hours	Credits	02(L:2,T:0,P:2)
MaximumMarks	50		
CourseLearningOutcomes(CLO): CLO1: Execute fundamental hockey skills—dribbling, passing, and tackling—with technical accuracy and mechanical efficiency. CLO2: Design and implement strategic set-pieces, specifically the offensive and defensive phases of a penalty corner. CLO3: Interpret and apply the official FIH Rules of Hockey to judge match play and manage player conduct through card systems. CLO4: Analyze and construct a standard hockey field layout and manage equipment safety protocols for competitive play.			
➤ Grip and Basic Handling: To demonstrate the correct "left-hand-top, right-hand-bottom" grip and the			

ability to move the ball using the flat side of the stick in an athletic stance.

- **The Indian Dribble:** To execute a rapid left-to-right ball manipulation drill over a 10-meter distance, focusing on wrist rotation and ball control.
- **Passing Precision (Push & Slap):** To perform accurate Push Passes for short-range distribution and Slap Hits for high-velocity medium-range passes toward a target.
- **Hitting for Power (The Drive):** To demonstrate the full "Drive" technique, ensuring the stick remains below shoulder height during the backswing and follow-through for safety.
- **Aerial Ball Control (Scoop & Flick):** To practice lifting the ball safely into the air using the Scoop (for long distance) and the Flick (for goal scoring or overhead passes).
- **Defensive Tackling Drills:** To demonstrate the Flat-stick tackle (intercepting the ball with the length of the stick) and the Jab tackle (poking the ball away from the opponent).
- **Penalty Corner Execution:** To organize a "Push-Stop-Hit" sequence, where students rotate roles as the Pusher (from the backline), the Stopper (at the top of the D), and the Hitter/Drag-flicker.
- **Goal-Line Defense and Goalkeeping:** To practice defensive positioning on the goal line and demonstrate basic goalkeeping saves using the kickers and hand pads.

References:

1. Modern Text Book of Physical Education, Health and Sports by Singh, Ajmer et al. (2022)
2. Field Hockey: Steps to Success by Elizabeth Anders (2017)
3. The Hockey Handbook by Lloyd Percival (Revised 2020)
4. FIH Rules of Hockey (Latest Edition 2026)
5. Science and Hockey by Thomas Reilly (2018)
6. Hockey India: Coaching Manual (Latest Edition)

**Suggested
Evaluation
Methods**

Practical:50marks

Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File = 40 marks
Attendance=10marks