

Course Code	Course Name	Credits
26PE002	Theory of Games-I (Football, Volleyball, Basketball)	04

Course Objectives

- Introduce the history, origin, and development of Football, Volleyball, Basketball.
- Explain the structure, dimensions, and equipment used in major sports.
- Understand rules, regulations, and their interpretations in selected games.
- Apply knowledge of officiating systems, duties, and scoring procedures.
- Analyze the role of national and international sports bodies in game development

Learning Outcomes

Upon successful completion of this course it is intended that a student will be able to:

- Understand the historical development of indigenous games.
- Apply knowledge of field/court markings in practical settings.
- Interpret rules and regulations of Football, Volleyball, Basketball.
- Analyze officiating roles, signals, and scoring systems in games.
- Evaluate the role of sports organizations in game promotion and management

Unit 1 - Title of the Unit

History Origin and development of Football, Volleyball, Basketball

Unit 2- Marking Layout & markings of field / court – Football, Volleyball, Basketball

Unit 3 Rules and Regulation Rules and their interpretations of Football, Volleyball, Basketball

Unit 4 Mechanics of Officiating - Duties of officials - official signals, system of officiating, score sheet - Duties and powers of officials - Football, Volleyball, Basketball.

Unit 5 Sports Bodies -International, national and state level sports bodies. I, Indian - Organizational setup of various sports bodies

Reference Books:

1. Aibara, E.B., (1975). Patiala: National Institute of Sports
2. Anand. R.L. (1986). Play field manual, Patiala: NIS publication.
3. Book of rules of games and sports, (2005). New Delhi: National council of Y.M.C.A of India.
4. Perinbaraj, S.B., & et al. (2009). Play field: Dimensions and its requirements, Karaikudi:vinis publication.
- 5.The Break of the Game by David Halberstam: A classic, detailed look at the 1979-80 Portland Trail Blazers
6. Dream Team by Jack McCallum: Inside the 1992 Olympic team
7. Shondell, D. & Reynaud, C. The Volleyball Coaching Bible. Human Kinetics, 2002.
8. Fédération Internationale de Volleyball (FIVB). Official Volleyball Rules. Latest edition

