

Course Code	Course Name	Credits
26PE007	Theory of games – Hockey ,Table Tennis, Tennis, Cricket	04

### Course Objectives

- Introduce the history, origin, and development of Hockey, Table Tennis, Tennis, and Cricket.
- 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 major sports in India and globally.
- Apply knowledge of field/court layout, equipment, and markings in games.
- Interpret rules and regulations of Hockey, Table Tennis, Tennis, and Cricket.
- Analyze officiating duties, signals, and scoring systems in sports competitions.
- Evaluate the role of sports organizations in promoting and managing games.

**Unit 1- Title of the Unit Introduction to Hockey ,Table Tennis, Tennis, Cricket** History and origin of hockey Table Tennis, Tennis, Cricket Development of hockey Table Tennis, Tennis, Cricket in India. (e.g., achievements of Hockey Table Tennis, Tennis, Cricket India)Important tournaments (Olympics, World Cup)

**Unit 2- Dimensions & Equipment** - Field measurements (length, width, goalpost size) Equipment used: Marking Layout & markings of field / court – Hockey ,Table Tennis, Tennis Cricket

**Unit 3-. Rules and Regulation Rules and their interpretations of** Hockey ,Table Tennis, Tennis ,Cricket

**Unit 4- Mechanics of Officiating** - Duties of officials - official signals, system of officiating, score sheet - Duties and powers of officials - Hockey ,Table Tennis, Tennis, Cricket

**Unit 5- Sports Bodies** -International, national and state level sports bodies. International Olympic committee, Indian - Olympic association. Organizational setup of various sports bodies

### Reference Books:

1. *Elizabeth Anders (1999/2008)*: Often cited as the primary textbook for mastering hockey skills and team systems.
2. *National Field Hockey Coaches Association (NFHCA) (2016)*: A comprehensive collection of over 200 drills for skill development.
3. *Larry Hodges (2013)*: The definitive guide for the strategic and mental side of competitive table tennis
4. *Zdenko Uzorinac (2001)*: The ultimate historical reference covering the first 75 years of the ITTF.
5. *Richard McAfee (2009)*: A standard instructional manual used in physical education for progressive skill learning
6. *W. Timothy Gallwey (1974)*: A revolutionary book on sports psychology that remains a top reference for mental performance.
7. *Brad Gilbert (1993)*: Famous for its focus on match play tactics and "mental warfare" to beat more talented opponents.
8. *E. Paul Roetert & Mark Kovacs (2011)*: A technical reference detailing the muscular and physiological demands of tennis strokes.