

Course Code	Course Name	Credits
26PE512	Rules of Games and Sports (Specialization)	04

Course Objectives

- Introduce the history, origin, and development of the sport from ancient to modern times.
- Explain fundamental skills, techniques, terminology, and playing structure.
- Understand official rules, regulations, and their interpretation in the sport.
- Apply knowledge of officiating, coaching principles, and training components.
- Analyse the role of national and international tournaments in sport development.
- Evaluate governing bodies and their contribution to global and national sports growth.

Learning Outcomes

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

- Understand historical development and key milestones of the sport.
- Apply basic skills, techniques, and strategies in practical contexts.
- Analyse rules, regulations, and game structures effectively.
- Evaluate officiating roles, signals, and coaching methods.
- Understand major competitions and the role of sports organizations.

Unit 1 - History

Origin and development of the sport (ancient to modern), Evolution at international and national levels, Important milestones and major competitions, Governing bodies (International and National Federations), Legendary players and their contributions, Development of the sport in India.

Unit 2 - Fundamentals and Terminologies

Basic skills and techniques of the sport, Fundamental movements and patterns, Key concepts and principles of the play, Terminologies specific to the sport, Equipment and Playing area (dimensions and specifications), Basic strategies and formations.

Unit 3 - Rules and Regulations

Standard rules of the game (as per official governing body), Player positioning and roles, Scoring system, Fouls, violations and penalties, Duration of the game and intervals, Latest rule modification and updates.

Unit 4 - Officiating and Coaching

Duties and responsibilities of officials (referee, umpire, judges etc.), Signal and decision-making techniques, Qualities of a good officials, Coaching principles and methods, Training components (physical, technical, tactical, psychological), Planning a coaching session (lesson plan)

Unit 5 - Important Tournaments and Competitions (National & International Level)

International Competitions

Major international tournaments related to the sport

Olympic Games, World Championships, World Cup (if applicable to the sport), Asian Games, Commonwealth Games, Role of international governing bodies (e.g., International Olympic Committee)

National Competitions (India)

Major national-level tournaments in the sport, National Games of India, Khelo India Games, Senior, Junior, and Sub-Junior National Championships, Inter-university competitions organized by Association of Indian Universities, School-level competitions (SGFI – School Games Federation of India)

Reference Books:

1. Foundations of Physical Education, Exercise Science, and Sport – Jennifer Walton-Fisette & Deborah Wuest (Comprehensive overview of PE, sports history, and concepts)
2. Test and Measurement in Physical Education – Harold M. Barrow & Rosemary McGee (Useful for evaluation, performance testing, and rules application)
3. Modern Principles of Physical Education –A.R. Sharma (Covers fundamentals, rules, and teaching methods)
4. Physical Education and Sports –D.P. Sharma (Basic concepts, history, and organization of sports)
5. Officiating and Coaching – (General guide covering officiating techniques and coaching principles)
6. Sports Management – S.K. Bansal (Helpful for tournament organization and management)
7. 7. Rules Books of respective sports from official bodies like: International Olympic Committee/National Federations of the concerned sport.