

TRIBHUVAN UNIVERSITY
FACULTY OF HUMANITIES AND SOCIAL SCIENCES

Master Degree Course of
Sports Science (MSS) Programme

Submitted to:
Office of the Dean
Faculty of Humanities and Social Sciences
T.U. Kirtipur

2018

Degree Programme of Sports Science

Background

Games and sports become people's culture in most of the nations. Nepal is not an exception in this matter. People realised the importance of games and sports in their lives. Therefore, they involve in games and sports in leisure time. However, a lot of exercise should be done to develop awareness among our population. The youths of Nepal are gaining gradual success in different fields of games and sports. For the upliftment of games and sports in Nepal it is urgently felt to develop scientific studies in this area. Establishment of a department will create a platform for the scientific studies and research in this area.

Sports Science is the scientific study of physiology and exercise science in relation to the ability of the human body to adapt to motion, movement, physical activity and health changes. By this study one can perform highest level of performance and as a result of this we can establish new records in the field of games and sports. In addition to this, it is also expected that students who study sports science will find work in fitness instruction, sports teaching and coaching, scientific research and health-related areas as well.

Objectives of the course

The overall objective of the sports science course is to produce high level human resource in the field of sports and games, however, the specific objectives of the course are:

- To develop [exercise physiologists](#) required for the nation.
- To produce qualified sports managers in the field of sports.
- To produce [sports coach, sports development officer and sports therapist](#).
- [To produce qualified sports teachers for the schools and colleges](#).

Course Structure

This degree course focuses on the physiological aspects of physical activity. Professionals in sports science will obtain a full and thorough understanding of the identification, prevention of injuries that happen during everyday life, illness, physical activity, athletic training, and sporting events. Courses will involve the study of sports science, practical activities, injury prevention, first aid treatment, and management, and also understanding how illness and disease impact health, well-being and physical performance. The following courses are proposed to include in the degree programme.

Courses Structure

| First Semester | | | | Second Semester | | | |
|---------------------------|-------------|--|--------------|-----------------|-------------|---|--------------|
| SN | Course Code | Course Title | Credit Hours | SN | Course Code | Course Title | Credit Hours |
| 1 | SPS 551 | Introduction to Sports Science | 3 | 1 | SPS 561 | Biomechanics and Scientific Principles of Games and Sports | 3 |
| 2 | SPS 552 | Sport Psychology | 3 | 2 | SPS 562 | Sports Training, Coaching Science and Officiating | 3 |
| 3 | SPS 553 | Sports Sociology | 3 | 3 | SPS 563 | Specialization Sport Medicine and Exercise Physiology I or Sports Management I or Sports Pedagogy I | 3 |
| 4 | SPS 554 | Sports Injuries and Physiotherapy | 3 | 4 | SPS 565 | Health and Physical Fitness | 3 |
| 5 | SPS 555 | Track and Field | 3 | 5 | SPS 566 | Ball Games (Foot ball or Basket ball) | 3 |
| 6 | SPS 556 | Volley ball | 3 | | | Total Cr Hrs | 15 |
| Total Cr Hrs | | | 18 | | | | |
| Third Semester | | | | Fourth Semester | | | |
| SN | Course Code | Course Title | Cr Hr | SN | Course Code | Course Title | Cr Hr |
| 1 | SPS 571 | Research Methodology | 3 | 1 | SPS 581 | Thesis | 6 |
| 2 | SPS 572 | Specialisation Sport Medicine and Exercise Physiology II or Sports Management II or Sports Pedagogy II | 3 | 2 | SPS 582 | Organization of Coaching Camps and Sports meet, management in respective game, National and International Organization of Sport Science | 3 |
| 3 | SPS 573 | Field Games (Cricket or Taekwondo or Karate) | 3 | 3 | SPS 583 | Electives (any one) a. Leisure Sports b. Sports Journalism | 3 |
| 4 | SPS 574 | Test, Measurement and Kinanthropometry in Games and Sports | 3 | | | | |
| 5 | SPS 576 | Racket Games (Table tennis or Badminton) | 3 | | | | |
| Total Cr Hrs | | | 15 | | | Total Cr Hrs | 12 |
| Total Credit hours | | | | | | | 60 |

Note: Students have to choose any one subject from the specialization in the second semester and s/he has to choose the same subject of specialization in the third semester.

Entry requirements

The eligibility of students to admit in the sports science course is Bachelor's degree in any discipline with the sports background. However, the preference will be given to those students who have background of general science, medical science, engineering and physical education because of the science based courses. A written and practical entrance test (50+50) on basic skills of games, aptitude of students will be conducted before admitting the students. The number of students accommodate in a group will be 30.

Advertisement for the purpose of giving admission to Master Degree courses shall be duly published by the Dean's Office of Faculty of Humanities and Social Sciences, Tribhuvan University. Admission of the students to Sports Sciences courses shall be made in accordance with the provision of the Dean's Office.

Detailed Syllabus

Foundations of Sports Science

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 551 | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : First | Teaching Hours | : 48 |

Course Introduction

This course is designed to acquaint students with the preliminary knowledge of sports science, its scope and areas. It also intends to develop the insights of students toward its development and prospects. It has also been designed to enable a multidisciplinary study of sport and exercise science. It is hoped that the candidates having this course will obtain strong analytical skills. This course will provide the students with the knowledge and understanding of how scientific methods and principles are applied within the study of sport.

Objectives

The general objectives of this course are to acquaint students on the basics of sports science and its importance in the field of sports. However, the specific objectives of the course are as follows:

- Explain the meaning, definitions and importance of sports science.
- Discuss the various philosophical perspectives of sports.
- Sketch the brief history of sports science.
- List the areas of sports science.

Contents

Unit I. Introduction to Sports Science (9 hrs)

- 1.1 Meaning, Definition, aims and objectives of sports science
- 1.2 Nature, Need and scope of sports science
- 1.3 Sports science and physical education as a discipline
- 1.4 Relationship of education, physical education and sports science

Unit II. Philosophical Foundations of Sports Science (12 hrs)

- 2.1 Philosophy, its meaning and importance in sports science
- 2.2 Modern educational philosophy employed in sports science: Idealism, Realism, Pragmatism, Naturalism, Existentialism, Dualism, Humanism and Eclecticism

Unit III. History of Physical Education and Sports (18 hrs)

- 3.1 Ancient history of physical education and sports (China, India, Greece, Rome and Egypt)
- 3.2 Medieval period of physical education and sports
- 3.3 Renaissance and Modern age of Physical Education and sports
 - 3.3.1 Germany
 - 3.3.2 Sweden
 - 3.3.3 Denmark
 - 3.3.4 England
 - 3.3.5 USA
- 3.4 Development of sports in Asian countries
 - 3.4.1 China

- 3.4.2 India
- 3.4.3 Japan
- 3.4.4 Korea
- 3.5 Development of Physical Education and Sports in Nepal
 - 3.5.1 Role of National Sports Council in developing sports in Nepal
 - 3.5.2 Role of Faculty of Education in developing physical education and sports in Nepal
 - 3.5.3 Role of Ministry of Education and Ministry of Youth and Sports in developing physical education and sports in Nepal
 - 3.5.4 Role of local NGOs in developing sports in Nepal
- 3.6 International Games
 - 3.6.1 Olympic Games, Asian Games and SAG
 - 3.6.2 National Games and President Cup (School level)

Unit IV. Areas of Sports Science (9 hrs)

- 4.1 Sports management
- 4.2 Sports Pedagogy
- 4.3 Exercise physiology
- 4.4 Sports Psychology
- 4.5 Sports nutrition
- 4.6 Sports physiotherapy
- 4.7 Biomechanics and Kinesiology
- 4.8 Sports Sociology

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|---|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
| Term paper writing | 50 % of internal grade |
| Midterm examination | 30 % of internal grade |
| Presentation, attendance and oral tests | 20 % of internal grade |
| Final Examination | 60 % of the total grade |
| Four long questions out of five | 4 x 20 = 80 % |
| Four short answer questions | 4 x 5 = 20 % |

Prescribed text

Barrow, H. M. (1981). *Man and movement*. Philadelphia: Lea and Febiger.

Howell, R. (1994). *Foundations of physical education*. Delhi: Friends Publications.

Thomas, C.E. (1983). *Sports in a philosophic context*. Philadelphia: Lea and Febiger.

Van Dalen, D. B. and Bruceh (1971). *A world history of physical education*. New Jersey: Prentice Hall Inc.

Wuest, D. A. and Charles A. B. (1992). *Foundations of physical education and sport*. New Delhi: B. I. Publications.

William H. F. (1988). *Physical education and sports in a changing society*. Delhi: Surjeet Publications.

Sports Psychology

Course No. : SPS 552
Level : Master Degree
Semester : First

Nature of Course : Theory
Credit Hours : 3
Teaching Hours : 48

Course Introduction

This course is designed to provide basic concepts and knowledge of sports psychology to the students. It is also designed to give skills and strategies of sports psychology and its principles, theories and laws applied to sports activities.

Objectives

The general objectives of this course are to acquaint students on the meaning and importance of sports psychology and psychological factors influencing sports, to enable them to comprehend different theories and laws of learning applied to sports skill learning. However, the specific objectives of the course are as follows:

- Explain the meaning, definitions and importance of sports psychology.
- Discuss various learning theories and laws of learning applied in skill learning.
- Discuss the relation of motivational aspects, its role and application in sports.
- Explain the concept of frustration, anxiety, fear in sports competition and manage them properly. Describe and analyse the types of personality.
- Discuss and analyse the meaning, importance and role of emotion in sports.

Unit: I Introduction to Sports Psychology (10)

- 1.1 Meaning and definition of sport Psychology.
- 1.2 Needs and importance of sports psychology.
- 1.3 Some psychological factors influencing sports:
 - 1.3.1 Needs and drive
 - 1.3.2 Interest and motivation
 - 1.3.3 Incentive and rewards
 - 1.3.4 Feedback
- 1.4 Heredity and environment and their influence on child's development
- 1.5 Mental health, factors affecting mental health and characteristics of mentally healthy individual.
- 1.6 Play and its theories-play way in education and physical education.

Unit: II Learning Applied to Skill learning (10)

- 2.1 Learning-meaning, and nature of learning
- 2.2 Theories of learning applied to skill learning
- 2.3 Laws of learning and learning curve
- 2.4 Transfer of training, kinds of transfer in various sports situation
- 2.5 Growth and development at different stages with special reference to adolescence.

Unit III Psychological treatment of athletes (10)

- 3.1 Psychological treatment during training, coaching and competition
- 3.2 Individual differences in learning motor skills.
- 3.3 Motivation and its application in sports.
- 3.4 Frustration, anxiety, fear in sports competition and their management.
- 3.5 High performance and achievement in sports.
- 3.6 Psychological handling of injured athletes during sports competition.

Unit: IV Perceptual Motor Learning (6)

- 4.1 Concept and importance of perception in sports.
- 4.2 Meaning and importance of perceptual motor learning.
- 4.3 Reaction time and its importance in sports competition.

Unit : V Emotion and Sports (6)

- 5.1 Meaning and importance of emotion in sports,
- 5.2 Types of emotion
- 5.3 Role of emotion in sports
 - 5.3.1 Fight and flight
 - 5.3.2 Face the challenge
- 5.4 Physical, mental and emotional set up for better sports performance.
- 5.5 Approaches to maintain emotional stability.
- 5.6 Methods to develop emotion properly

Unit VI Personality and Sports (6)

- 6.1 Concept of personality in sports.
- 6.2 Types of personality
- 6.3 Role of personality in selecting and deciding games and sports
- 6.4 Relation between personality and sports.
- 6.5 Role of sports in building and shaping personality.

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|-----------------------------------|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
| Term paper writing | 50 % of internal grade |
| Midterm examination | 30 % of internal grade |
| Presentation, attendance and quiz | 20 % of internal grade |
| Final Examination | 60 % of the total grade |
| Four long questions out of five | 4 x 20 = 80 % |
| Four short answer questions | 4 x 5 = 20 % |

Prescribed text

Kamlesh, M.L. (1996). *Sports psychology*. New Delhi: Surjeet Publication.

Lawther, J.D. (1970). *Sports psychology*. New Delhi: Prentice Hall of India.

Maurya, B.K., & Gupta, S.C. (1975). *Psychology applied to physical education*. Meerut: Pragati Prakashan.

Suinn, R.M. (1982). *Psychology in sports: Methods and Application*. New Delhi: Surjeet Publication.

Sports Sociology

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 553 | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : First | Teaching Hours | : 48 |

Course Description

This course is designed to acquaint the students with the advance knowledge on the sociology of sports. This course also intends to provide knowledge on social process and social issues in relation to sports.

Objectives

- Describe sports sociology, its scope and importance.
- Explain the historical perspective of sociology of sports.
- Discuss the importance of leadership training in sports field.
- Discuss the prospects of women sports in Nepal.
- Discuss the trends and issues concerning sports in society.

Unit – I Sports Sociology (12 hrs)

- 1.1 Meaning and definition of sport sociology
- 1.2 Scope of sports sociology
- 1.3 Sport as a social occurrence
- 1.4 Socialization through games and sports
- 1.5 Relationship between family and sport participation
- 1.6 Relationship between politics and sports
- 1.7 Social Stratification and sports
- 1.8 Sports as a social phenomenon.
- 1.9 Historical prospective of sports sociology
- 1.10 Sociological exploration (Theories and paradigms in brief)

Unit – II Social institutions and sports (12 hrs)

- 2.1 Role of Social Institution in participation in games and sports,
- 2.2 Socialization through sports
- 2.3 Society, Community, Association, Institutions, Customs
- 2.4 Man as a social being
- 2.5 Sports as regulating institution of society.
- 2.6 Sports and Culture
- 2.7 Sports and Religion
- 2.5 Sports and Media
- 2.6 Meaning, Definition and characteristics of leadership
- 2.7 Qualities of a leader,
- 2.8 Leadership training in the field of sports
- 2.9 Importance of leadership in sports

Unit – III Women in Sports (6 hrs)

- 3.1 Women in Sports: Social myths related with women.
- 3.2 Attitude of Society towards sports man and Sports women
- 3.3 Future of women participation in sports.

Unit – IV Spots and Social Stratification (9 hrs)

- 4.1 Meaning of social stratification
- 4.2 Meaning and nature of social class
- 4.3 Criteria of class distinctions
- 4.4 Extent and effect of (racial and ethnic, gender, age, and socio-economic) stratification on participation and achievement in sport.
- 4.5 Democratization in sport

Unit – V Trends and Issues Concerning Sport in Society (6 hrs)

- 5.1 Sports culture
- 5.2 Sport and aggression
- 5.3 Violence on sport
- 5.4 Professional sport
- 5.5 Women and children in sport

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|---|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
| Term paper writing | 50 % of internal grade |
| Midterm examination | 30 % of internal grade |
| Presentation, attendance and oral tests | 20 % of internal grade |
| Final Examination | 60 % of the total grade |
| Four long questions out of five | 4 x 20 = 80 % |
| Four short answer questions | 4 x 5 = 20 % |

Prescribed text

Wuest, D. A. and Charles A. B. (1992). *Foundations of physical education and sport*. New Delhi: B. I. Publications.

Gillin and Gillin (1950). *Cultural sociology*. New York: Mac million Co.

Freeman, W.H. (1988). *Physical education and sports in changing society*. New Delhi: Surjeet Publication.

Maclver, R. M. (1945). *Society: a text book of sociology*. New York: Farrar and Rinehar.

Stewsrt. E. W. (1978). *Sociology the human science*. New York: Mc. Graw. Hill Book Company.

Vidya B. and Sachdera. D.R. (1987). *An introduction to sociology*. Allahabad: Kitab Mahal.

Lay, John W. and Gerald S. Kenyon (1981) *Sport, Culture and society*. London: Macmillan Company.

Willian H. Freeman (1988). *Physical education and sport in a changing society*. Delhi: Surjeet Publications.

www.sociology.about.com/.../Sociol...

www.jan.ucc.nau.edu/.../190socio1....

Sports Injuries and Physiotherapy Interventions

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 554 | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : First | Teaching Hours | : 48 |

Course Introduction

This course is designed to provide brief introduction related to physiotherapy, sports injuries and its prevention. It intends to provide the knowledge on injuries during the sports activities and the detail procedure to rehabilitate the athletes. Furthermore, it focuses on the importance of physiotherapy and rehabilitation in the field of sports science.

Objectives of the Course

The general objectives of this course are to familiarise students with the knowledge of sports injuries, physiotherapy and rehabilitation of athletes. However, the specific objectives of the course are mentioned as below:

- Explain the meaning & importance of sports injuries.
- Analyse the normal and abnormal posture and gait.
- Analyse the biomechanics of common sporting injuries
- Define the term physiotherapy.
- Discuss the importance of specialties of physiotherapy.
- Implement the advance techniques of physiotherapy such as ergonomics, taping techniques, posture.

Unit I-Introduction to sports injury (5)

- 1.1 Sports Medicine Team, multi skilling, sports medicine model, the coach ,athlete and clinician
- 1.2 Classification-Acute, overuse/chronic
- 1.3 Condition masquerading as sports injury

Unit II-Biomechanics of Sports Injury (11)

- 2.1 Posture and gait Normal and abnormal
- 2.2 Upper limb biomechanics Shoulder/elbow/wrist/phalanges
- 2.3 Lower limb Biomechanics Hip/knee/ankle/toes, Spine
- 2.5 Biomechanics of common sporting injuries in athletics, badminton, cricket, football, gymnastics, swimming, table tennis, volleyball, tennis

Unit III-Prevention of sports injury (10)

- 3.1 Classification Primary/secondary/tertiary
- 3.2 Factor assisting prevention, Warm up, stretching, taping/bracing ,Appropriate training, nutrition, Psychology
- 3.3 Principles of assessment-On-field assessment, sideline assessment, off-field assessment

Unit IV-Introduction to physiotherapy (6)

- 4.1 Definition of physiotherapy
- 4.2 Scope of physiotherapy practice
- 4.3 Setting in which physiotherapy practices
- 4.4 Characteristics of physical therapy

- 4.5 Principles supporting the description of physical therapy
- 4.6 The nature of the physical therapy process, specialty areas
- 4.7 History of physiotherapy

Unit V- Physical Rehabilitation (4)

- 5.1 Application of clinical thermal modalities
- 5.2 Electrotherapy
- 5.3 Exercise therapy

Unit VI -Ergonomics (4)

- 6.1 Definition, posture and motion
- 6.2 Ergonomics and human factor
- 6.3 Ergonomics at work place

Unit VII-Evidence Based Physiotherapy and Recent Advances in Physiotherapy (8)

- 7.1 Definition-Evidence based practice
- 7.3 Evidence based physiotherapy practice
- 7.4 Recent advances in physiotherapy

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|-----------------------------------|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
| Term paper writing | 50 % of internal grade |
| Midterm examination | 30 % of internal grade |
| Presentation, attendance and quiz | 20 % of internal grade |
| Final Examination | 60 % of the total grade |
| Four long questions out of five | 4 x 20 = 80 % |
| Four short answer questions | 4 x 5 = 20 % |

Recommended Books and References

Brad, W. (2007). *The anatomy of sports injuries*. USA: North Atlantic Books

Christopher, M. N. (2011) *Managing sports injuries (Fourth Ed.)*. London: Churchill Livingstone

Craig, R. D. (2000). *Therapeutic modalities for athletic injuries*. USA: Human Kinetic.

David C. Reid (1991) *Sports Injury Assessment and Rehabilitation*

Peter, B. and Khan, K. (2010). *Clinical sports medicine*. New York: McGraw-Hill Medical.

Sandra, J. S. (2000). *Assessment of athletic injuries*. USA: Human Kinetic.

Stephen B. (1997). *Sports injuries: causes, diagnosis, treatment and prevention*. Place: Chapman and hall

<http://www.wcpt.org/>

<http://nepalphysio.org.np/>

http://en.wikipedia.org/wiki/Physical_therapy

<http://ergonomics.org/>

<http://www.ergonomics.org.uk/learning/what-ergonomics/>

Track and Field

Course No.: SPS 555:
Level: Master Degree
Semester: First

Nature of Course: Practical
Credit Hours: 3
Teaching Hours: 96 hours

Course Introduction

This course is designed to provide students with sound foundation and brief historical development of Track and Field events. The underlying scientific training principle, analysis of different track and field events will be studied in this course. It is also designed to acquaint students with the experience of the layout of different Track And Field marking and officiating. Some Bio-mechanical and Physiological analysis will also be studied so that student will understand nature of different events in athletics.

Objectives of the Course

The general objective of this course is to provide adequate experience on track and field, however, the specific objectives of the course are as follows:

- Explain the nature of track and field events and its development since the ancient times
- Demonstrate different training methods in track and field events
- Evaluate different track and field events' performance.
- Lay out track and field marking.
- Analyse different track and field events and scientific research paper.

Unit I-Sprints/Relays and Hurdles (24)

- 1.1 Sprint performance-chronological development in Sprints events
- 1.2 Running Phases during sprint and its contribution in total performance
- 1.3 Sprint start technique
- 1.4 Predicting Sprint Performance
- 1.5 Effect of new false start rule on the reaction time of elite sprinters.
- 1.6 Hurdles Fault analysis and correction
- 1.7 Training Program development and analysis
- 1.8 Biomechanical analysis of Sprint and Hurdles
- 1.9 Baton pass techniques in Relays

Unit II-Middle and Long Distance (18)

- 2.1 Middle and long distance performance-chronological development
- 2.2 Profile of distance runners and their Physique
- 2.3 Interval Training for middle and long distance runners
- 2.4 Developing training programme for middle and long distance runners
- 2.5 Kenyan Distance running development system
- 2.6 Altitude training and its effect on distance runners
- 2.7 Performance analysis of different elite runners in different championships

Unit III-High Jump, Long Jump and Triple Jump (24)

- 3.1 Different jumping performance and its chronological development
- 3.2 Kinematic analysis of High jump technique

- 3.3 Difference between power and speed high jump
- 3.4 Study of Long jump and Triple jumps phases
- 3.5 Difference between speed and power Long jump
- 3.6 Study of jumpers' different fitness qualities
- 3.7 Determination of approach run in Long and Triple jumps
- 3.8 Speed lost during take-off in long jump and Triple jump

Unit IV-Shot Put and Javelin Throw (20)

- 4.1 Different shot put and Javelin throwing performance and its chronological development
- 4.2 Difference between glide and rotational shot putting techniques
- 4.3 Chronological javelin implements development
- 4.4 Training program development of shot put and javelin
- 4.5 Biomechanical analysis of shot put and javelin throw
- 4.6 Study of physical qualities of shot put and javelin throwers

Unit V Track and Field Marking and Officiating (10)

- 5.1 Marking of track and fields
- 5.2 Officiating different events of track and field

Evaluation

Internal evaluation-40%

Internal evaluation will be conducted by subject teachers based on the following activities:

| SN | Activities | Points |
|--------------|--------------------------------------|-----------|
| 1 | Attendance | 5 |
| 2 | Participation in learning activities | 5 |
| 3 | Performance | 10 |
| 4 | Tournament organisation | 10 |
| 5 | Notebook keeping | 10 |
| Total | | 40 |

External Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Science will appoint an external examiner to conduct practical examination at the end of the semester.

| SN | Types of activities | Points |
|--------------|---------------------------------|-----------|
| 1 | Performance in different skills | 40 |
| 2 | Oral test | 20 |
| Total | | 60 |

Recommended Books and References

- Doherty, K. (1985). *Track and field Omnibook* (4th Edition). USA: Track and Field News Inc.
- Bosen, K.O. (1993). *Teaching athletics (skills and techniques)*. Patiala: Sports Authority of India.
- Schmolinsky, G (1983). *Track and field*. Berlin: Sportsverlag.
- New studies in athletics*. IAAF.
- Martin, D.E. and Peter, C. (1997). *Better training for distance runners* (2nd Ed). Place: Human Kinetics.
- Amatya. D. L. (2000). *Track and field marking (Judging and Officiating)*. Lalitpur: Athletics Club Publication.

Volleyball

Course No.: SPS 556:
Level: Master Degree
Semester: First

Nature of Course: Practical
Credit Hours: 3
Teaching Hours: 96 hours

Course introduction

This course is designed to develop advanced skills and apply game strategies in Volleyball. This course also intends to impart practical experiences by applying related scientific principles in Volleyball. The students are required to develop specific notes on Volleyball game. The main intention of this course is to apply advanced skills, strategies, scientific principles and laws in their respective field, so that the students will be able to demonstrate skills properly, apply related strategies and laws in game situation as well as officiating respective tournament in an effective way. This course is practical in nature.

Objectives

The general objectives of the course are to provide students with the knowledge and skills of volley ball game and to enable the students in officiating volleyball tournament. However, the specific objectives of the course are as follows:

- Discuss the historical development of volleyball in the world and Nepal.
- Demonstrate different skills in volleyball.
- Explain-different training/coaching strategies in Volleyball.
- Officiate volleyball game

Unit I Introduction to Volleyball (Hours)

- 1.1 Historical development of volleyball game in the world, Asia and Nepal.
- 1.2 Prospect of volley ball game in Nepal
- 1.3 Organisation of different tournament of volley ball in Nepal

Unit II Skills of Volley Ball

- 2.1 Passing (Overhead pass and forearms pass)
- 2.2 Service
- 2.3 Setting
- 2.4 Spiking
- 2.5 Blocking
- 2.6 Defense

Unit III Coaching of Volley Ball skills and Strategies

- 3.1 Guidelines for coaching the beginners, youth and advanced players in volleyball.
- 3.2 Coaching techniques of different skills of volley ball
- 4.1 3.3 Offensive and defensive strategies in Volleyball game.

Unit IV Officiating and Rules of Volley Ball Game

- 4.1 General Volleyball rules and regulations
- 4.2 Beach Volleyball
- 4.3 Park Volleyball
- 4.4 Mini Volleyball
- 4.5 Officiating Practice.

Evaluation

Internal evaluation-40%

Internal evaluation will be conducted by subject teachers based on the following activities:

| SN | Activities | Points |
|--------------|--------------------------------------|-----------|
| 1 | Attendance | 5 |
| 2 | Participation in learning activities | 5 |
| 3 | Performance | 10 |
| 4 | Tournament organisation | 10 |
| 5 | Notebook keeping | 10 |
| Total | | 40 |

External Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Science will appoint an external examiner to conduct practical examination at the end of the semester.

| SN | Types of question | Points |
|--------------|---------------------------------|-----------|
| 1 | Performance in different skills | 40 |
| 2 | Oral test | 20 |
| Total | | 60 |

References

Kumar, A. (2003). *Volleyball*. New Delhi: Discovery Publishing House.

Jain, D. (2003). *Volleyball skills and Rules*. New Delhi: Vivek Thari Khel Sahitya Kendra.

John, A. (ND). *The Oxford Companion to Sports and Games*, USA: Oxford University Press.

Recommended book

FIVB. *Official volleyball rules and regulations*.

FIVB. *Official beach volleyball rules and regulations*.

Tribhuvan University

Faculty of Humanities and Social Sciences

Master's Programme in Sports Science

Kirtipur, Kathmandu, Nepal



Syllabus for 2nd Semester

2075

Course Structure

| First Semester | | | | Second Semester | | | |
|----------------|-------------|--|-------------|-----------------|-------------|--|-------------|
| SN | Course Code | Course Title | Credit hour | SN | Course Code | Course Title | Credit hour |
| 1 | SPS 551 | Introduction to Science | 3 | 1 | SPS 561 | Biomechanics and Scientific Principles of Games and Sports | 3 |
| 2 | SPS 552 | Sports Psychology | 3 | 2 | SPS 562 | Sport Training, Coaching Science and Officiating | 3 |
| 3 | SPS 553 | Sports Sociology | 3 | 3 | SPS 563 | <u>Specialization</u> Sports Medicine and Exercise Physiology-I Or Sports Management-I Or Sports Pedagogy-I | 3 |
| 4 | SPS 554 | Sports Injuries and Physiotherapy | 3 | 4 | SPS 565 | Health and Physical Fitness | 3 |
| 5 | SPS 555 | Track and Field | 6 | 5 | SPS 566 | Ball Games(Football /Basket ball) | 3 |
| 6 | SPS 556 | Volley Ball | 6 | | | | |
| | | Total Credit hour | 18 | | | Total Credit hour | 15 |
| Third Semester | | | | Fourth Semester | | | |
| SN | Course Code | Course Title | Credit hour | SN | Course Code | Course Title | Credit hour |
| 1 | SPS 571 | Research Methodology | 3 | 1 | SPS 581 | Thesis | 6 |
| 2 | SPS 572 | <u>Specialization</u> Sport Medicine and Exercise Physiology-II Or Sports Management-II or Sports Pedagogy-II | 3 | 2 | SPS 582 | Organization of Coaching Camps and Sport meet, Management in respective game, National and International Organization of Sport Science | 3 |
| 3 | SPS 573 | Field Games (Cricket/Taekwondo/Karate) | 3 | 3 | SPS 583 | <u>Elective (any one)</u> a. Leisure Sports b. Sports Journalism | 3 |
| 4 | SPS 574 | Test, Measurement and Kinanthropometry in Games and Sports | 3 | | SPS 584 | National and International Organization of Sport | |
| 5 | SPS 576 | Racket Games (TableTennis/Badminton) | 3 | | | | |
| | | Total Credit hour | 15 | | | Total Credit hour | 12 |
| | | | | | | Grand Total Credit hour | 60 |

Note: Students have to choose any one subject from the specialization in the second semester and s/he has to choose the same subject of specialization in the third semester.

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 561 | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Second | Teaching Hours | : 48 |

Course Description

This course is designed to acquaint the students with the advanced knowledge on the Sports Biomechanics and Kinesiology. Biomechanics include the study of human involved in exercise and sports. The outcome of many sporting events is kinematic measure, so an understanding of these measures is important. The course is designed for majors preparing for all kinds of human movements professions and therefore uses a wide variety of movement examples to illustrate the application of biomechanics.

Objectives

The general aim of the course is to provide advance knowledge on sports biomechanics; however, the specific objectives of the course are as follows:

- Define exercise and sports biomechanics.
- To comprehend external and international forces and the their effect on the body and its movements
- Explain Newton's laws of motions
- Describe objects in angular motion
- Explain forces of fluid exerted an on an objects
- Identify and describe the function of skeletal and muscular system
- Explain Nervous system in human body

Contents

Unit I: Sports Biomechanics

6 hrs

- 1.1 Introduction
- 1.2 Importance of Biomechanics to:
 - 1.2.1 Coach
 - 1.2.2 Athlete
 - 1.2.3 Injury prevention and Rehabilitation

Unit II: Linear Kinetics

8 hrs

- 2.1 Motion
- 2.2 Linear motion
- 2.3 Angular motion
- 2.4 General motion
- 2.5 Distance and Displacement
- 2.6 Speed and Velocity
- 2.7 Projectiles in sports
- 2.8 Inertia, Mass
- 2.9 Force, Friction

2.10 Newton's three law of motion

Unit- 3: Angular Kinetics

8 hrs

3.1 Eccentric force concentric forces

3.2 Equilibrium, Moment of inertia

3.3 Centre of gravity

3.4 Centripetal and centrifugal forces

3.5 Angular Speed and Velocity

3.6 Angular Distance, Displacement and Acceleration

3.7 Plans and axes in human body

Unit - 4: Fluid Mechanics

6 hrs

4.1 Buoyant force due to immersion

4.2 Dynamic Force

4.3 Drag force

4.4 Surface and form drag

4.5 Spin and the Magnus effect

Unit - 5: Kinesiology

8 hrs

5.1 The skeletal system

5.2 The muscular system and motor of the body

5.3 The Nervous system and control of the musculoskeletal system

5.4 Plains and Axes

Unit 6: Biomechanical Analysis of Sports Techniques

12 hrs

6.1 Football

6.2 Basketball

6.3 Running

6.4 Throwing

6.5 Jumping

Evaluation Guidelines

Students will be evaluated internally and externally.

Internal Evaluation

40 % of the total grade

Term paper writing/case study

50 % of internal grade

Midterm examination

30 % of internal grade

Presentation, attendance and oral tests

20 % of internal grade

Final Examination

60 % of the total grade

Two long questions out of three

2 x 10 = 20

Eight short answer questions out of 10

8 x 5 = 40

Reference Books

Peter, M. P. (2005). *Biomechanics of sports and exercise*. USA: Human Kinetics Publication.

Gerry, C. (2004). *Sports mechanics for coaches*. USA: Human Kinetics Publication.

James, G. H. (1993). *The bio-mechanics of sports techniques*. UK: Prentice Hall International.

Dhan, J. S. (2000). *Mechanical basis of biomechanics*. New Delhi: Sports Publication.

Anderson, T. M. (2005). *Biomechanics of body movement in sports*. New Delhi: Vivek Thani Khel Sahitya Kendra.

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 562 | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Second | Teaching Hours | : 48 |

Course Description

This course is designed to acquaint students with the advanced knowledge, ideas and strategies of training. It is also intended to acquaint students with the coaching science so that relation building with players can be ensured. This course also aims to orient students with basic training patterns training plans.

Objectives

The general aim of the course is to provide advance knowledge on sports training, however, the specific objectives of the course are as follows:

- Define sports training and describe its aims and objectives.
- Mention what training load is.
- Explain the process of coaching
- Describe biometric abilities in relation to sports activities
- Differentiate the technical and tactical strategies of training
- Mention what training plan and periodization mean.

Contents

| | |
|---|--------------|
| Unit I: Sports Training | 6 hrs |
| 1.1 Introduction | |
| 1.2 Aim and objectives of sports Training | |
| 1.3 Characteristics of sports Training | |
| 1.4 Principles of Sports Training | |
| Unit II: Training Load | 5 hrs |
| 2.1 Definition | |
| 2.2 Feature of Training Load | |
| 2.3 Overload-Causes, Symptoms | |
| 2.4 Load and adaptation | |
| 2.5 Relationship between load and recovery | |
| Unit III: Introduction to Coaching Science | 5 hrs |
| 3.1 Definition | |
| 3.2 Coaching process /style | |
| 3.3 Leadership in coaching | |
| 3.4 Athlete-Coach relationship | |
| Unit IV: Bio-motor Abilities | 8 hrs |
| 4.1 Speed | |
| 4.2 Strength | |
| 4.3 Endurance | |
| 4.4 Flexibility | |
| 4.5 Coordinative ability/agility | |
| 4.6 High Altitude training | |

| | |
|---|--------------|
| Unit V: Technical Training | 5 hrs |
| 5.1 Definition of skill, technique | |
| 5.2 Characteristics of technique | |
| 5.3 Method of Technique Training | |
| Unit VI: Tactics and Strategies | 5 hrs |
| 6.1 Definition of Tactics | |
| 6.2 Basic tactical concept (offensive, defensive) | |
| 6.3 Relationship between technical and tactical training | |
| Unit VII Introduction of Training Plan & Periodization | 8 hrs |
| 7.1 Introduction | |
| 7.2 Principle of Plan/Periodization | |
| 7.3 Periodization Cycle | |
| 7.4 Warm-up/Training Session | |
| Unit VIII: Training Plan and Evaluation | 6 hrs |
| 8.1 Evaluation of Training | |
| 8.2 Talent Identification | |
| 8.2.1 Importance | |
| 8.2.2 Model | |
| 8.3 Preparation and Presentation of training plan for advance coaching assignment | |

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|---|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
| Term paper writing/case study | 50 % of internal grade |
| Midterm examination | 30 % of internal grade |
| Presentation, attendance and oral tests | 20 % of internal grade |
| Final Examination | 60 % of the total grade |
| Two long questions out of three | 2 x 10 = 20 |
| Eight short answer questions out of 10 | 8 x 5 = 40 |

Reference Books

Harre, D. (1982). *Principals of sports training*. London: Grafion Book.

Singh, H. (1993). *Science of sports training*, New Delhi: D.A.V. Pub., 1993.

Hartmann, J. and Tunnemenn, H. (2000). *Fitness and strength training for All sports theory method,pProgram*. New Delhi: Friends Publication.

Daniel, D. A. & William, E. P. (1993). *Principles of sports training*. I Louis: Morby – Year Book.

Thomas, K. (2008). *Science of sports training*. USA: Stadion Publication.

Annette, L. (2007). *Morning strength workouts* USA: Human Kinetics.

American College of Sports Medicine (1991). *Guidelines for exercises testing and prescription*. Philadelphia: Lea &Febiger.

Sport Medicine and Exercise Physiology I

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 563 A | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Second | Teaching Hours | : 48 |

Course Introduction

This course is designed to acquaint the students with the advanced knowledge on the exercise and sports physiology. It is also intended to acquaint the students with the detail knowledge of human anatomy and physiology applied to exercise and training. This course is an optional one, therefore, students who have good science background can choose this subject as their optional ones. It is theory in nature.

Objectives

The general aim of the course is to provide advance knowledge on exercise and sports physiology, however, the specific objectives of the course are as follows:

- Define exercise and sports physiology.
- Describe homeostasis, its origin and pathways that alter homeostasis.
- Explain nervous system and neurological control of movement.
- Identify different human body systems and their functions in relation with movement and exercise.
- Describe metabolism and metabolic adaptation to training
- Discuss the hormonal regulation of exercise.
- Plan athletes' diet according to their requirements.

Contents

Unit I. Introduction to Exercise and Sport Physiology 4 hrs

- 1.1 Definition of exercise and sport physiology
- 1.2 Historical perspective of exercise and sport physiology
- 1.3 Acute physiological response to exercise
- 1.4 Chronic physiological adaptation to exercise

Unit II. Basic Human anatomy and physiology 24 hrs

- 2.1 Homeostatis
 - 2.1.1 Overview
 - 2.1.2 Introduction to homeostatis
 - 2.1.3 Origin of homeostatis
 - 2.1.4 Positive and negative feedback system
 - 2.1.5 Homeostatis throughout the body
 - 2.1.6 Pathways that alter homeostatis
 - a. Cell physiology
 - b. Cell structure, specialized cells of human body, cell metabolism (ATP, FA, NADH)
- 2.2 Anatomy of skin, apocrine glands, nails, tongue buds and disorders
- 2.3 Nervous system

- 2.3.1 Structure and functions of neurons
 - a. Sensory motor integration
 - b. Motor response
- 2.3.2 Central nervous system
- 2.3.3 Limbic system and higher mental functions
- 2.3.4 Peripheral nervous system
- 2.3.5 Sympathetic nervous system
- 2.3.6 Neurological control of movement
- 2.4 Anatomy of Sense organs
 - 2.4.1 Eye, movement of eye, disorders
 - 2.4.2 Ear, process of hearing, localization of sound, process of equilibrium
 - 2.4.3 Touch: definition, senses Raffini corpuscles
- 2.5 Muscular system: overview, types, skeletal muscles, sliding filament theory, cellular action, involuntary muscle movement, smooth muscle contraction, cardiac muscles, lactic acid, muscle microbiology, muscle disorders and dysfunctions
- 2.6 Blood physiology: overview, blood composition (red cells, white cells, platelets, hemostatis (coagulation and clotting), blood group, blood transfusion, diseases
- 2.7 Cardio-vascular system: Introduction, anatomy, circulatory system, cardio-vascular pathways, heart's electrical system, ECG, diseases
 - 2.7.1 Cardiovascular response to exercise
 - 2.7.2 Cardiovascular adaptation to exercise
- 2.8 Respiratory system: Introduction, anatomy, functions of upper and lower , breathing and lung mechanisms, hemostatis and gas exchange, lung capacity, regulation of blood Ph, diseases
 - 2.8.1 Respiratory limitations to performance
 - 2.8.2 Respiratory adaptation to training
- 2.9 Gastro-intestinal system: Introduction, anatomy, digestive mechanisms, dysfunctions
 - 2.10 Urinary system: Introduction, anatomy, functions, electrolyte balance, dysfunctions
 - 2.11 Male and female reproductive system: Introduction, structure, functions, puberty, sexual homology, aging, reproductive system, birth control, pregnancy/birth, dysfunction
 - 2.12 Genetics and inheritance: Introduction, genetics DNA, gene, transcription and translation, inheritance genetic regulation of development and hemostatis, gene therapy, disorders
 - 2.13 Growth and development: Apoptosis, hormonal causes of growth, changes in body size and muscle, brain development, neonatal, adolescence, adulthood, old age, effects of aging

Unit III. Neuromuscular Adaptation to Resistance Training

5 hrs

- 3.2 Resistance training and gains in muscular fitness
- 3.3 Muscle soreness
- 3.3 Designing resistance training programmes
- 3.4 Resistance training for special population

Unit IV. Metabolism, energy and the basic energy systems **6 hrs**

- 4.1 Energy sources
- 4.2 Measuring energy use during exercise
- 4.3 Energy expenditure at rest and during exercise
- 4.4 Fatigue and its causes
- 4.5 Metabolic adaptation to training
 - 4.5.1 Adaptation to aerobic training
 - 4.5.2 Training the aerobic system
 - 4.5.3 Adaptation to aerobic training

Unit V. Hormonal regulation of exercise **4 hrs**

- 5.1 Endocrine glands and their hormones
- 5.2 Hormonal response to exercise
- 5.3 Hormonal effects on metabolism and energy
- 5.4 Hormonal effects on fluid and electrolyte balance during exercise

Unit VI. Nutrition **5 hrs**

- 6.1 Nutrition and health in community
- 6.2 Six nutrient classes
- 6.3 Nutritional requirements, calories and exercise
- 6.4 Water and electrolyte balance
- 6.5 The athlete's diet

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|---|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
| Term paper writing/case study | 50 % of internal grade |
| Midterm examination | 30 % of internal grade |
| Presentation, attendance and oral tests | 20 % of internal grade |
| Final Examination | 60 % of the total grade |
| Two long questions out of three | 2 x 10 = 20 |
| Eight short answer questions out of 10 | 8 x 5 = 40 |

Reference Books

- Fox, E. L. & Mathews, D. K. (1981). *The physiological basis of physical education and athletics*. Philadelphia: Saunders College Publishing.
- Ghosh, A. (1978). *Handbook of sport medicine and physical fitness*. New Delhi: Allied Book Agency.
- Karporich, P.V. & Surring E. (1978). *Physiology of muscular activities*. Philadelphia: Lea and Febiger.
- Shaver, L.G. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.

Sports Management 1

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 563 B | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Second | Teaching Hours | : 48 |

Course Introduction

This course is designed to acquaint students with the preliminary knowledge of sports management. It also intends to develop the skills of sports event management, leadership in organizations, sports economics and sports governance.

Objectives

The general objectives of this course are to acquaint students on sports management. However, the specific objectives of the course are as follows:

- Explain the definition of sports management and sports management competencies.
- Discuss the importance of sports event management in the field of sports.
- Describe the managerial skills to lead an organization.
- Point out the areas of expenditure and sources of income in organizing sports event.
- Define sports governance and explain the role of state in sports governance.

Contents

Unit 1: Introduction to Sport Management 8 hrs

- 1.1 Definition/History of Sport & Sport Management
- 1.2 Unique Aspects of Sport Management
- 1.3 Sport Management Competencies
- 1.4 Future Challenges and Opportunities

UNIT II: Sport Event Management 8 hrs

- 2.1 Hosting sports event
- 2.2 Overview of Sport Event: Hosting Sport Event
- 2.3 Sport Event Planning Process
- 2.4 Hosting Mega Sporting Events: Various Effects
- 2.5 Controversial Issues in Economic Impact of Mega Sporting Events
- 2.6 Impacts and Legacies of Mega Sporting Events: From Sustainability Perspective

Unit III: Managing and Leading in Sport Organizations 8 hrs

- 3.1 Theoretical Approaches to Scientific Sports Management
- 3.2 Management Functions
- 3.3 Planning functions
- 3.4 Organizing functions
- 3.5 Leadership functions
 - 3.5.2 Models of Leadership
 - 3.5.3 Leadership in Elite Sport

- 3.5.4 Styles of Decision Making
- 3.5.5 Participative, Consultative, Autocratic Decision Making
- 3.6 Human Resource Management

Unit IV: Sports Finance and Economics in the Sport Industry **12 hrs**

- 4.1 Sport industry overview
- 4.2 The global sport market
- 4.3 Global sport organization
- 4.4 Global sport events
- 4.5 Global sport corporations
- 4.6 Sports broadcasting and sponsorship
- 4.7 Event oriented and function oriented organisation
- 4.8 Globalization of sport markets

UNIT V: Sports Governance **12 hrs**

- 5.1 Introduction to sports governance
 - 5.1.1 Systemic governance
- 5.2 The role of the state in sport governance
- 5.3 Principles of good governance
- 5.4 Unique features of Sport Governing Bodies
- 5.5 Apex of an Inter-organizational Network
- 5.6 Apical Functions of Sport Governing Bodies
- 5.7 A Monopoly and a Monopsony

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|---|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
| Term paper writing/case study | 50 % of internal grade |
| Midterm examination | 30 % of internal grade |
| Presentation, attendance and oral tests | 20 % of internal grade |
| Final Examination | 60 % of the total grade |
| Two long questions out of three | 2 x 10 = 20 |
| Eight short answer questions out of 10 | 8 x 5 = 40 |

References

Bonnie, L, (1991). *The management of sports*. St.Louuis: Mosby Publishing Company.

Bucher, C.H. (1983). *Administration of physical education and athletic programmes*. London: The C.V. Mosby Company.

Dheer, S. & Kamal, R. (2002). *Organisation and administration of physical education*. New Delhi: Friends Publication.

Huges, W.L. et al (1962). *Administrative of physical education*. New York: The Ronald Press, Company.

- Joseph P.M. (1963). *Organization of physical education*. Bombay: The Old Students Association.
- Parks, J. B., Quarterman, J. & Thibault, L. (2007). *Contemporary sport management* (3rd ed.). Champaign, IL: Human Kinetics Publishers, Inc.
- Slack, T. & Parent, M. M. (2006). *Understanding sport organizations: The application of organization theory* (2nd ed.). Champaign, IL: Human Kinetics.
- Voltmar, B.P. et al (1979). *The organization and administration of physical education*. New Jersey: Prentice Hall Inc.

Sports Pedagogy 1

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 563 C | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Second | Teaching Hours | : 48 |

Course Introduction

This course is designed to make students familiar with the preliminary knowledge of sports pedagogy. It also intends to develop the skills of identifying the requirements of sports pedagogy, the skills of learning, students' motivation, personal growth and inclusion in sports field.

Objectives

The general objectives of this course are to make students familiar with the concept of pedagogy and its field. However, the specific objectives of the course are as follows:

- Define sports pedagogy and explain its importance
- Identify the requirements of sports pedagogy
- Explain the use of learning theories in effective learning
- Describe the students' motivation in personal growth

Contents

| | |
|---|---------------|
| Unit I. Introduction to Sports Pedagogy | 9 hrs |
| 1.1 Definition of sports pedagogy | |
| 1.2 Importance of sports pedagogy in sports science | |
| 1.3 Historical background of sports pedagogy | |
| 1.4 Sport pedagogy as a discipline and as a field of study | |
| Unit II. Sports pedagogy and its requirements | 12 hrs |
| 2.1 Requirements of physical education and sport pedagogy | |
| 2.2 Critical understanding of sport pedagogy | |
| 2.2.1 Models-based practice | |
| 2.2.2 Critical pedagogy | |
| 2.3 Policy implementation and realisation | |
| 2.4 Occupational socialisation | |
| 2.5 Skills of enquiry | |
| 2.6 Creative thinking skills | |
| 2.7 Life-long learning and successful career development | |
| Unit III. Sports Pedagogy and Learning | 9 hrs |
| 3.1 Children learning in physical education and sports: a historical overview | |
| 3.2 Learning theory for effective learning in practice | |
| 3.3 Learning about health through physical education and sports | |
| 3.4 Theoretical concepts relating to physical education and sport pedagogy | |
| 3.5 Factors affecting sports pedagogy | |
| 3.5.1 Economy | |
| 3.5.2 Society | |

- 3.5.3 Culture
- 3.5.4 Environment

Unit IV. Student Motivation, Personal Growth and Inclusion **18 hrs**

- 4.1 Motivation and personal growth
 - 4.1.1 In-school
 - 4.1.2 Out-of-school
- 4.2 Affective goals as the lesson focus
- 4.3 Sports for inclusion
- 4.4 Building equity
 - 4.4.1 Gender equity
 - 4.4.2 Ethnic and cultural differences
 - 4.4.3 Disadvantaged students
 - 4.4.4 Students with disabilities

Evaluation Guidelines

Students will be evaluated internally and externally.

| | | |
|---|--------------------------------|-------------|
| Internal Evaluation | 40 % of the total grade | |
| Term paper writing/case study | 50 % of internal grade | |
| Midterm examination | 30 % of internal grade | |
| Presentation, attendance and oral tests | 20 % of internal grade | |
| Final Examination | 60 % of the total grade | |
| Two long questions out of three | | 2 x 10 = 20 |
| Eight short answer questions out of 10 | | 8 x 5 = 40 |

References

Dyson, B. & Grineski, S. (2001). *Using cooperative learning structures in physical education*. The Journal of Physical Education, Recreation & Dance, 72(2), 28-31.

Graham, G. (2001). *Teaching children physical education: Becoming a master teacher*.(2nd ed.) Champaign, IL: Human Kinetics.

Penney, D. (2013). *Making a difference: Policies, people and pedagogy In physical education and sport*. New Zealand: The University of Waikato as cited in <http://www.waikato.ac.nz/wmier/>

<http://www.tandfonline.com/loi/cses20>

Health and Physical Fitness

| | | | |
|------------|-----------------|------------------|------------------------|
| Course No. | : SPS 565 | Nature of Course | : Theory and Practical |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Second | Teaching Hours | :72 |

Course Introduction

This course is designed to acquaint students with the concept of physical fitness so that they can live fit and healthy. It also intends to develop their knowledge on the components of physical fitness and approaches of maintaining physical fitness in their actual life. The course is both theoretical and practical in nature. Students have to perform different activities to maintain the fitness.

Objectives

The general objectives of this course are to acquaint students with the concept of physical fitness to maintain their health. However, the specific objectives of the course are as follows:

- Describe the concept of physical fitness and health
- List the components of physical fitness
- Mention how physical fitness is measured
- Suggest the measures to maintain physical fitness

Unit I. Concept of Physical Fitness and Health

12 hrs

- 1.1 Meaning and definition of health and physical fitness
- 1.2 Importance of physical fitness for a good health
- 1.3 Types of physical fitness
- 1.4 Healthy life style and physical fitness
- 1.5 Status of physical fitness (Global/Regional/National)

Unit II Components of physical fitness

15 hrs

- 2.1 Health related physical fitness and Cardio respiratory Fitness
 - 2.1.1 Body Composition
 - 2.1.2 Flexibility
 - 2.1.3 Muscular Strength
 - 2.1.4 Muscular Endurance
- 2.2 Skill Related Fitness
 - 2.2.1 Agility
 - 2.2.2 Balance
 - 2.2.3 Coordination
 - 2.2.4 Reaction Time
 - 2.2.5 Speed
 - 2.2.6 Power

Unit III. Measurement of physical fitness

21 hrs

- 3.1 Concept of measurement of physical fitness
- 3.2 Purpose of physical fitness test
- 3.3 Types of physical fitness test
 - 3.3.1 AAHPER Physical Fitness Test
 - 3.3.2 Army Air Force Physical Fitness Test
 - 3.3.3 Fleishman's Basic Physical Fitness Test
 - 3.3.4 BMI Test

Unit IV. Maintenance of physical fitness

24 hrs

- 4.1 Active walking
- 4.2 Jogging
- 4.3 Cycling
- 4.4 Swimming
- 4.5 Dancing
- 4.6 Playing games and sports
- 4.7 Weight training
- 4.8 Gymnastic activities
- 4.9 Aerobics
- 4.10 Yogasana
- 4.11 Gardening and household chores
- 4.12 Recommended amount of physical activity or physical exercise for different age groups

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|---|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
| Test of physical fitness/case study | 50 % of internal grade |
| Midterm examination | 30 % of internal grade |
| Presentation, attendance and oral tests | 20 % of internal grade |
| Final Examination | 60 % of the total grade |
| Two long questions out of three | 2 x 10 = 20 |
| Eight short answer questions out of 10 | 8 x 5 = 40 |

References

- AAHPER (1976). *Youth fitness test manual*. Washington: American Alliance for Health, Physical Education and Recreation.
- Barrow, H.M. and Mc Gee, R. M. (1979). *A practical approach to measurement in physical education*. Philadelphia: lea and Fabiger..

Bosco, J.S. and Gastafson, W. F. (1983). *Measurement and evaluation in physical education, fitness and sports*. New Jersey: Prentice-Hall, Inc.

Clarke, H.H. and Clarke, D. H. (1987). *Application of measurement to physical education*. New Jersey: Prentice-Hall, INC.

Jha, A. K. (2008). *Test, measurement and evaluation in physical education*. Siraha: Renu Prakashan.

Shrestha, R. P. (2003). Surveillance of risk factors for non-communicable diseases in Nepal. A WHO Funded Research Report, Society for Local Integrated Development Nepal (SOLID NEPAL).

<http://www.unicef.org>

<http://www.who.int/dietphysicalactivity>

Ball Games

| | | | |
|------------|-----------------|------------------|-------------|
| Course No. | : SPS 566 | Nature of Course | : Practical |
| Level | : Master Degree | Credit Hours | : 6 |
| Semester | : Second | Teaching Hours | : 96 |

Course Introduction

This course is designed to develop advanced skills and apply game strategies in Basket ball or foot ball. This course also intends to impart practical experiences by applying related scientific principles in basketball or foot ball. The students have to choose any one game from this course where they are required to develop specific notes on their respective game. The main intention of this course is to apply advanced skills, strategies, scientific principles and laws in their respective field, so that the students will be able to demonstrate skills properly, apply related coaching strategies and laws in game situation as well as officiate respective tournament in an effective way. This course is practical in nature.

Objectives

The general objectives of the course are to acquaint students with experiences of basket ball or foot ball. However, the specific objectives of the course are as follows:

- Sketch a historical background of the development of basket ball or foot ball.
- Demonstrate different coaching strategies to teach offensive and defensive skills in basket ball or foot ball.
- Mention the rules and regulations of basket ball or foot ball.
- Officiate basket ball or foot ball game.

Game A: Basket ball

96 hrs

1.1 Historical development of basket ball game in World, Asia and Nepal.

1.2 Coaching strategies of basket ball skills

1.2.1 Shooting (Set, Lay ups and Jump shots)

1.2.2 Passing and catching

1.2.3 Dribbling

1.2.4 Pivoting and footwork

1.2.5 Screening

1.2.6 Team offense and defense

1.2.7 Rebounding

1.3 Rules and regulations of basket ball game

1.4 Officiating basket ball game

Game B : Foot ball

96 hrs

2.1 Brief history of foot ball in World, Asia and Nepal.

2.2 Coaching strategies of foot ball skills

2.2.1 Passing and trapping

- 2.2.2 Dribbling and feinting
- 2.2.3 Throw in
- 2.2.4 Heading
- 2.2.5 Goal keeping
- 2.2.6 Offensive and defensive strategies in game
- 2.3 Rules and Regulations
- 2.4 Officiating practice

Evaluation

Internal evaluation - 40%

Internal evaluation will be conducted by subject teachers based on the following activities:

| SN | Activities | Points |
|--------------|--------------------------------------|-----------|
| 1 | Attendance | 5 |
| 2 | Participation in learning activities | 5 |
| 3 | Performance | 10 |
| 4 | Tournament organization | 10 |
| 5 | Notebook keeping | 10 |
| Total | | 40 |

External Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Science will appoint an external examiner to conduct practical examination at the end of the semester.

| SN | Types of activities | Points |
|--------------|---------------------------------|-----------|
| 1 | Performance in different skills | 40 |
| 2 | Oral test | 20 |
| Total | | 60 |

References

- Coleman, B. & Ray, P. (1987). *Basketball technique*. London: A & C Black.
- Coleman, B. (NM). *Take up basketball*. New Delhi: Learners Press.
- Goel, R. G. & Goel, V. (1990). *Encyclopaedia of sports and games*. New Delhi: Vikas Publishing House Pvt. Ltd.
- Jha, A. K. (2003). *Lay-out of games and sports*. Kathmandu: Ratna Pustak Bhandar.
- Sengupta, S. (ND). *How to play football*. New Delhi: Indica Publishers.

Tribhuvan University

Faculty of Humanities and Social Sciences

Master's Programme in Sports Science

Kirtipur, Kathmandu, Nepal



Syllabus for 3rd Semester

2075

Research Methodology

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 571 | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Third | Teaching Hours | : 48 |

Course Introduction

This course is designed to provide an opportunity for students to advance their understanding of research through critical exploration of research language, ethics, and approaches. The course introduces the concept of research and its types, review of literature, research design, data collection tools and data analysis and interpretation. It also aims to provide some statistical experience to the students so that they can analyze the data in proper way.

Objectives

The general objectives of this course are to provide students about the research skills, however, the specific objectives of the course are as follows:

- Define research and its importance in games and sports
- List the criteria for selecting an acceptable problem
- Consult necessary literature for the improvement of research work
- Classify the types of research
- Differentiate quantitative and qualitative design of research
- Discuss the need of sampling in research work
- Construct and develop different types of research tools to collect essential data
- Analyze different kinds of data
- Apply statistical tools to present different facts

Contents

Unit I. Concept of Research in Games and Sports (4)

1.1 Introduction to Research

- 1.1.1 Meaning and Definition of research
- 1.1.2 Research in games and sports
- 1.1.3 Importance of research in games and sports
- 1.1.4 Purpose of research in games and sports

1.2 Research problems in games and sports

- 1.2.1 Sources of problem in games and sports
- 1.2.2 Identification of a problem
- 1.2.3 Criteria for selecting a problem
- 1.2.4 Statement of problem

1.3 Hypothesis and research questions in games and sports

Unit II. Review of the Literature (4)

2.1 Purpose of literature review

2.2 Steps of conducting literature review

2.3 Characteristics of effective literature reviews

2.4 Review of theoretical literatures

2.5 Review of empirical literatures

- 2.6 Writing of theoretical and empirical literatures
- 2.7 Possible errors in literature review
- 2.8 Citation and referencing

Unit III. Types of Research (6)

- 3.1 Basic and applied research
- 3.2 Historical research
- 3.3 Descriptive research
 - 3.3.1 Exploratory research
 - 3.3.2 Analytic research
 - 3.3.3 Survey research
 - 3.3.4 Case studies
- 3.4 Experimental research
- 3.5 Action research

Unit IV. Research Design (4)

- 4.1 Quantitative design
- 4.2 Qualitative design
- 4.3 Mixed design

Unit V. Population and Sampling (3)

- 5.1 Population
 - 5.1.1 Target population
 - 5.1.2 Accessible population
- 5.2 Sampling
 - 5.2.1 Probability Sampling
 - 5.2.2 Non-probability sampling
 - 5.2.3 Sample size
 - 5.2.4 Sampling error

Unit VI. Methods and Tools of Data Collection (4)

- 6.1 Questionnaire
- 6.2 Interview
- 6.3 Schedule
- 6.4 Observation check list
- 6.5 Focus group discussion
- 6.6 Attitude scale and socio-metric scale

Unit VII – Analysis of Data (4)

- 7.1 Data processing: Editing, coding, classification and tabulation of data.
- 7.2 Analysis of data
- 7.3 Interpretation of data

Unit VIII. Statistics (15)

- 8.1 Variables and measurement scale
- 8.2 Standard scores (Z scores, T scores and composite scores)
- 8.3 Measures of relationships
 - 8.3.1 Pearson's product moment method
 - 8.3.2 Spearman's Rank Difference method
- 8.4 Analysis of variance and covariance (ANOVA and ANOCOVA)

- 8.5 Parametric tests (t-test and z-test)
- 8.6 Non-parametric test Chi square (X^2) test
- 8.7 Use of Statistical Package for Social Sciences (SPSS)
 - 8.7.1 Data Editor
 - 8.7.2 Output Viewer
 - 8.7.3 Syntax Editor
 - 8.7.4 Data entry

Unit IX. Proposal Writing and Report Writing (4)

- 9.1 Process of proposal writing
- 9.2 Components of report writing
- 9.3 Preparation for the oral presentation

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|---|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
| Term paper writing | 50 % of internal grade |
| Midterm examination | 30 % of internal grade |
| Presentation, attendance and oral tests | 20 % of internal grade |
| Final Examination | 60 % of the total grade |
| Two long questions out of three | 2 x 10 = 20 |
| Eight short answer questions out of 10 | 8 x 5 = 40 |

References

Best, John W. & James V. Kahn (2001). *Research in education*. New Delhi: Prentice Hall of India P.Ltd.

Clarke, D. H. and H. H. Clarke (1981). *Research process in physical education, recreation and health*. New Jersey: Prentice-Hall, Inc.

Creswell, J. W. (2018). *Research design: Qualitative, quantitative and mixed methods approaches*. 5th Ed. Thousand Oaks, California: Sage. ISBN: 978-1-5063-8670-6

Kothari, C. R. (1995). *Research methodology: Methods & techniques*. New Delhi: Wishwa Prakashan.

Koul, L. (1995). *Methodology of educational research*. New Delhi: Vikas Publishing House Pvt. Ltd.

Morehouse, C. A. Stull (1975). *Statistical principles and application for physical education*. Philadelphia: Lea and Febiger.

Sidhu, K. S. (1995). *Methodology of research in education*. New Delhi: Sterling Publishers Pvt. Ltd.

Sport Medicine and Exercise Physiology- II

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 572 A | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Third | Teaching Hours | : 48 |

Course Introduction

This course is designed to provide knowledge on respiratory system, hormonal regulations to exercise, metabolism and basic energy system and metabolic adaptation to training. It also aims to provide students with experiences on neuro-muscular and adaptation to resistant training. This is an optional paper and only those students are eligible to choose the paper who have already studied the same subject in the second semester.

Objectives

The general aim of the course is to provide advance knowledge on different body system and their effect on exercise and training; however, the specific objectives of the course are as follows:

- Describe the anatomy of respiratory system.
- Explain the hormonal effects on metabolism and energy.
- Discuss the energy expenditure at rest and exercise.
- Describe the acute adaptations to aerobic anaerobic training.
- Assess body composition and body performance.

Contents

Unit I. Respiratory System (12 hrs)

- 1.1 Introduction
- 1.2 Anatomy
- 1.3 Breath and lungs mechanism
- 1.4 Lungs capacity
- 1.5 Homeostatis and gas exchange
- 1.6 Regulation of PH

Unit II. Hormonal Regulation to Exercise (9 hrs)

- 2.1 Endocrine glands and theirs hormones
- 2.2 Hormonal effects on metabolism and energy
- 2.3 Hormonal response to exercise
- 2.4 Hormonal effect on fluids
- 2.5 Electrolyte balance during exercise

Unit III. Metabolism and Basic Energy System (6 hrs)

- 3.1 Energy sources
- 3.2 Energy pathways
- 3.3 Energy expenditure at rest and exercise
- 3.4 Fatigue and its causes

Unit IV. Metabolic adaptations to training (6 hrs)

- 4.1 Acute adaptations to aerobic training
- 4.2 Acute adaptation to anaerobic training
- 4.3 Training the aerobic system
- 4.4 Training the anaerobic system

Unit V. Neuro-muscular adaptation to Resistance Training (6 hrs)

- 5.1 Resistance training for Muscle Fitness
- 5.2 Muscles soreness

Unit VI. Body weight, body composition and sport 9 hrs

- 4.1 Body build, build size and composition
- 4.2 Assessing body composition
- 4.3 Body composition and sport performance

Evaluation Guidelines

Students will be evaluated internally and externally.

Internal Evaluation 40 % of the total grade

- Term paper writing 50 % of internal grade
- Midterm examination 30 % of internal grade
- Presentation, attendance and oral tests 20 % of internal grade

Final Examination 60 % of the total grade

- Two long questions out of three $2 \times 10 = 20$
- Eight short answer questions out of 10 $8 \times 5 = 40$

Reference Books

- Fox, E. L. & Mathews, D. K. (1981). *The physiological basis of physical education and athletics*. Philadelphia: Saunders College Publishing.
- Karporich, P.V. & Surring E. (1978). *Physiology of muscular activities*. Philadelphia: Lea and Febiger.
- Shaver, L.G. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.

Sports Management-II

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 572B | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Third | Teaching Hours | : 48 |

Course Introduction

This course is designed to make students familiar with different aspects of sports management. It also intends to develop the experiences on sports facility management and human resource management, sponsorship and social responsibility, public relation and sports marketing.

Objectives

The general objectives of this course are to acquaint students on different aspects of sports management. However, the specific objectives of the course are as follows:

- Define sports sponsorship and social responsibility.
- Discuss the importance of managing sports facilities in the field of sports.
- Explain the management process of human resources.
- Describe the need of sports marketing in the field of sports.
- Discuss the use of sports public relation in joining hands together with the community.

Contents

UNIT I: Sports sponsorship and social responsibility (8 hrs)

- 1.1 Sponsorship Introduction
- 1.2 The Sport Property View of Sponsorship
- 1.3 Sponsorship Proposals and Valuation
 - 1.3.1 The Sponsor's View
- 1.4 How Sponsorship Works
- 1.5 Sponsorship Marketing Congruence & Measurement
- 1.6 Public Policy and Sponsorship

UNIT-II: Facilities and equipments (12)

- 2.1 The Need for Out-door Facilities: Principles for their Location and the Selection/Types of Surfaces, Drainage System, Fencing (Protection), Seating Arrangements and Parking.
- 2.2 Guidelines/Principles for the Lay-out of Out-door Facilities.
- 2.3 Care and Maintenance of Out-door Facilities.
- 2.6 The Need for Equipments and their Types.
- 2.7 Procedure for the Purchase of Equipments
- 2.8 Principles to be followed for the Purchase.
- 2.9 Store Room Management: Need, Location, Fixtures, Handing of equipments, Issuing Procedure and Periodical Stock-Checking.
- 2.10 Stocking of Leather Equipments, Rubber Equipments, Wooden Equipments, Cloth Uniform Shuttle Cocks, Mattresses, Swimming and Track Equipments.
- 2.11 Repairs and Disposal of Damaged Equipments.

UNIT-III: Human resource management**(10)**

- 3.1 Human Resources in Sport and Recreation
 - 3.1.1 Head of the Institute/Department and his Role in maintaining the Spirit of Discipline among his Staff and Students
 - 3.1.2 Qualifications of Coaches and managers for Different Level Assignments
 - 3.1.3 Qualities of a Good Sports Teacher
- 3.2 Staff Co-operation and its Significance
- 3.3 Involvement/Development of Voluntary Services of Other Teachers for Sports Programmes
- 3.4 Student Leadership: Meaning, Elements, and Values/Significance
- 3.5 Relation of the sports Teacher with the Students, Parents, Colleagues, Principal and Supervisor etc.
- 3.6 Performance Appraisal and Reward System
- 3.7 Job Satisfaction and Commitment

UNIT IV: Sport marketing**(10 hrs)**

- 4.1 Concept of sport marketing
- 4.2 Sports marketing analysis
- 4.3 Sport marketing strategy value proposition and fan development strategy
- 4.4 Sport event as experiential product I: event, process, brand and people
- 4.5 Sport event as experiential product II: venue, and physical evidence
- 4.6 Ticketing: packaging, pricing, distribution
- 4.7 Promotion: integrated marketing communication
- 4.8 Team project presentation

UNIT V: Sport public Relations**(8 hrs)**

- 5.1 Introducing Sport Public Relations
- 5.2 Creating Public Relations Campaigns
- 5.3 Managing the Organization – Media Relationship
- 5.4 Business Ethics – Social Responsibility
- 5.5 Introduction to Strategic Management
- 5.6 Sports media and communication
- 5.7 Sports Law and Arbitration
- 5.8 Sports contract and Labor Law
- 5.9 Sports policy

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|---|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
| Term paper writing | 50 % of internal grade |
| Midterm examination | 30 % of internal grade |
| Presentation, attendance and oral tests | 20 % of internal grade |
| Final Examination | 60 % of the total grade |
| Two long questions out of three | 2 x 10 = 20 |
| Eight short answer questions out of 10 | 8 x 5 = 40 |

REFERENCES

- Bonnie, L, (1991). *The management of sports*. St.Louuis: Mosby Publishing Company.
- Bucher, C.H. (1983). *Administration of physical education and athletic programmes*. London: The C.V. Mosby Company.
- Chelladurai, P. (1999). *Human resources management in sports and recreation*. Champaign, IL: Human Kinetics.
- Dheer, S. & Kamal, R. (2002). *Organisation and administration of physical education*. New Delhi: Friends Publication.
- Huges, W.L. et al (1962). *Administrative of physical education*. New York: The Ronald Press, Company.
- Joseph P.M. (1963). *Organization of physical education*. Bombay: The Old Students Association.
- Voltmar, B.P. et al (1979). *The organization and administration of physical education*. New Jersey: Prentice Hall Inc.
- Wosley, C., Minten, S. & Abrams, J. (2012). *Human Resource Management in the Sport and Leisure Industry*. Oxon: Routledge.

Filed Games : Cricket- A

| | | | |
|------------|-----------------|------------------|-------------|
| Course No. | : SPS 573 | Nature of Course | : Practical |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Third | Teaching Hours | : 96 |

Course Introduction

This course is designed to provide students the advanced skills of cricket and apply game strategies while playing cricket. It also aims to provide practical experiences by applying related principles in the game. This is an elective course. The main aim of this course is to practice the coaching strategies of cricket, however, the practice and demonstration of basic skills will also be emphasized. It also provides the students with the experience of officiating cricket tournaments.

Objectives:

The general objectives of the course are to provide students with experiences of cricket. However, the specific objectives of the course are as follows:

- Explain how cricket is developed in Nepal and world.
- Demonstrate different coaching strategies of basic skills of cricket.
- Apply different batting, bowling and fielding skills in cricket.
- Mention the rules and regulations of cricket.
- Officiate cricket tournaments.

Unit I : Introduction to Cricket

(6 hrs)

1.1 The development of cricket in Nepal and world

1.2 Role of CAN in developing cricket in Nepal

1.3 Formats of international cricket

Unit II. Coaching of Basic Skills of Cricket

(42 hrs)

2.1 Batting

2.1.1 Grip

2.1.2 Stance

2.1.3 The backlift

2.1.4 The pull

2.1.5 Hitting a full toss to leg

2.1.6 Back defensive stroke

2.1.7 The forward defense stroke

2.1.8 The off drive

2.1.9 The straight drive

2.1.10 The on drive

2.1.11 The forcing stroke off the back foot

2.1.12 The square cut

2.1.13 The forward leg glance

2.1.14 The backward leg glance

2.1.15 Running between the wickets

- 2.2 Bowling
 - 2.2.1 Pace bowling
 - 2.2.2 Spin bowling
 - 2.2.3 Off-spin bowlers
 - 2.2.4 Leg-spin bowlers
 - 2.2.5 Bowling from the coil position
- 2.3 Fielding
 - 2.3.1 The high catch
 - 2.3.2 The skim catch
 - 2.3.3 The close catch
 - 2.3.4 The long barrier and throw
 - 2.3.5 The long throw
 - 2.3.6 Throwing on the turn
 - 2.3.7 Catching
 - 2.3.8 Wicket keeping
 - a. The stance
 - b. Taking a straight ball
 - c. Taking a wide offside ball
 - d. Taking a legside ball
 - e. Taking returns from the field
 - 2.3.9 Fielding positions

Unit III. Fitness training for Cricket

(36 hrs)

- 3.1 Factors to be considered before, during and after cricket training
- 3.2 Warm up drills – Running, stretching, throwing, catching
- 3.3 Aerobic endurance, anaerobic endurance, flexibility
- 3.4 Recovery and cool down exercises

Unit IV. Officiating Cricket

(12 hrs)

- 4.1 Ground measurement and marking
- 4.2 Requirements of cricket
- 4.3 Rules of cricket
- 4.4 Laws of cricket Officials required in cricket
- 4.5 Umpiring signals
- 4.6 Organizing cricket match

Evaluation

Internal evaluation - 40%

Internal evaluation will be conducted by subject teachers based on the following activities:

| SN | Activities | Points |
|--------------|--------------------------------------|-----------|
| 1 | Attendance | 5 |
| 2 | Participation in learning activities | 5 |
| 3 | Performance | 10 |
| 4 | Tournament organization | 10 |
| 5 | Notebook keeping | 10 |
| Total | | 40 |

External Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Science will appoint an external examiner to conduct practical examination at the end of the semester.

| SN | Types of activities | Points |
|--------------|---------------------------------|-----------|
| 1 | Performance in different skills | 40 |
| 2 | Oral test | 20 |
| Total | | 60 |

References

Andrew, K. V. *The handbook of cricket*. ISBN 0 7207 1789 I

Dev, K. (1987). *Cricket my style*. New Delhi: Allied Publisher.

Goel, R. G. and Goel, V. (1990). *Encyclopedia of sports and games*. New Delhi: Vikas Publishing House Pvt. Ltd.

The Law of Cricket (1992). London: MCC.

Test, Measurement, Evaluation and Kinanthropometry in Games and Sports

| | | | |
|------------|-----------------|------------------|----------------------|
| Course No. | : SPS 574 | Nature of Course | : Theory & Practical |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Third | Teaching Hours | : 72 |

Course Introduction

This course is designed to acquaint students with measurement and evaluation techniques and their applications in Games and Sports settings. The subject includes theoretical and practical elements of test construction, grading, alternative assessment strategies, and measurement of knowledge, Fitness and Sports skills.

Objectives

The general objectives of this course are to acquaint students with the clear Fitness and Skill test knowledge in different Games and Sports. However, specific objective of the course are as follows:

- Explain the need & importance of test, measurement and evaluation in Games and Sports.
- Describe the concepts related to test, measurement & evaluation.
- Explain different physical fitness and sports skill tests.
- Conceptualize Kinanthropometry and demonstrate various sites.
- Measure and calculate various components of anthropometry.

Contents

Unit - I Test, Measurement and Evaluation in Track and Field (18 hrs)

- 1.1 Test, measurement and evaluation in games and sports
- 1.2 Various tests in Sprint and Hurdles and their evaluation
- 1.3 Various tests in middle and long distance and their evaluation
- 1.4 Different tests for jumping events
- 1.5 Different tests for throwing events

Unit-II Various Tests for Volleyball (6 hrs)

- 2.1 Russel-Lange Volleyball Test
- 2.2 Brady Volleyball Test
- 2.3 AAHPER Volleyball Skill Test

Unit - III Different tests for Cricket Players (6 hrs)

- 3.1 M. Rizwan Awan's Cricket Skill Test
 - 3.1.1 Batting Skills
 - 3.1.2 Bowling Skills

3.1.3 Fielding Skills

Unit - IV Different tests for Taekwondo Players (6 hrs)

- 4.1 Different fitness test for taekwondo players
- 4.2 Different games specific skills test for taekwondo players

Unit - V Different tests for Karate Players (6 hrs)

- 5.1 Different fitness test for karate players
- 5.2 Different games specific skills test for karate players

Unit - VI Different tests for Table Tennis Players (3 hrs)

- 6.1 Mott-Lockhart Table Tennis Test

Unit - VII Different tests for Badminton Players (9 hrs)

- 7.1 Lokhart and McPherson Badminton Test
- 7.2 French Short Service Test
- 7.3 French Clear Test

Unit- VIII: Anthropometry Test (18 hrs)

- 8.1 Girth Measurement: Upper Arm, Forearm, Calf, Chest
- 8.2 Width Measurement: Bi-acromial Chest, Illocrestol Epicondyler (Femur and Humorous)
- 8.3 Somatotypes assessment
- 8.4 Anthropometric Estimation Body Composition
- 8.5 Anthropometry and Sports Performances

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|---|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
| Test of physical fitness | 50 % of internal grade |
| Midterm examination | 30 % of internal grade |
| Presentation, attendance and oral tests | 20 % of internal grade |
| Final Examination | 60 % of the total grade |
| Two long questions out of three | 2 x 10 = 20 |
| Eight short answer questions out of 10 | 8 x 5 = 40 |

References

- AAHPER (1976). *Youth fitness test manual*. Washington: American Alliance for Health, Physical Education and Recreation.
- Jha, A. K. (2010). *Test, measurement and evaluation in physical education*. Siraha: Renu Prakashan.
- John, S. & Boonseng, L (1994). *Physical fitness assessment in exercise and sport science*. Australia: Leelar Biomedicine Service.
- Kevin, N. & Tim, O. (2000). *Anthropometrics*. University of New South Wales Press.
- Vivian H. H. (2002). *Advance fitness assessment and exercise prescription (4th Ed)*. USA: Human Kinetic.

www.slideshare.net/UsmanKhan225/cricket-skills-test-presentation

Racket Game: Badminton

| | | | |
|------------|-----------------|------------------|-------------|
| Course No. | : SPS 576 A | Nature of Course | : Practical |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Third | Teaching Hours | : 96 |

Course Introduction

This course is designed to acquaint students with the advanced skills of badminton and apply game strategies while playing badminton. It is also intended to provide to impart practical experiences by applying related principles in the game. This is an elective course. The main aim of this course is to practice the coaching strategies of badminton, however, the practice and demonstration of basic skills will also be emphasized. It also provides the students with the experience of officiating badminton tournaments.

Objectives:

The general objectives of the course are to acquaint students with experiences of badminton. However, the specific objectives of the course are as follows:

- Explain how badminton game is developed.
- Demonstrate different coaching strategies of basic skills of badminton.
- Apply different offensive and defensive skills in badminton.
- Mention the rules and regulations of badminton.
- Officiate badminton tournaments.

A. Badminton **96 hrs**

Unit I Grips **6 hrs**

1.1 Grip (Forehand and backhand),

1.2 Stance and footwork

Unit II. Types of strokes **36 hrs**

2.1 Service

2.2 Clears

2.3 Smashes

2.4 Drives

2.5 Drops

Unit III Game Play **24 hrs**

3.1 Starting a game

3.2 Service and receive

3.3 Scoring

3.4 Singles' and doubles' games

3.7 Rules and regulations of badminton

3.8 Officiating badminton games

Unit IV. Training and Coaching in badminton

30 hrs

- 5.1 Fitness training in badminton
- 5.2 On-court and off-court fitness training
- 5.3 Coaching techniques for badminton

Evaluation

Internal evaluation - 40%

Internal evaluation will be conducted by subject teachers based on the following activities:

| SN | Activities | Points |
|--------------|--------------------------------------|-----------|
| 1 | Attendance | 5 |
| 2 | Participation in learning activities | 5 |
| 3 | Performance | 10 |
| 4 | Tournament organization | 10 |
| 5 | Notebook keeping | 10 |
| Total | | 40 |

External Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Science will appoint an external examiner to conduct practical examination at the end of the semester.

| SN | Types of activities | Points |
|--------------|---------------------------------|-----------|
| 1 | Performance in different skills | 40 |
| 2 | Oral test | 20 |
| Total | | 60 |

References

- Ballou, R. B. ((1988). *Teaching badminton*. Delhi: Surjeet Publication.
- Goel, R. G. & Goel, V. (1990). *Encyclopaedia of sports and games*. New Delhi: Vikas Publishing House Pvt. Ltd.
- Singh, B. (1981). *Rules and skills of games and sports*. New Delhi: Pankaj Publication.
- YMCA (1981). *Rules of games and sports*. New Delhi: YMCA Pub. House.
- www.abac.edu/wp-content/uploads/2013/01/Badminton-Syllabus-Spring-2018.pdf
- www.shoreline.edu › Faculty › Louise Lindenmeyer
- sportsauthorityofindia.nic.in/showimg.asp?ID=576
- www.safari-badminton.com/6-week-safari-syllabus-beginners/

Racket Game: Table Tennis

| | | | |
|------------|-----------------|------------------|-------------|
| Course No. | : SPS 576 B | Nature of Course | : Practical |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Third | Teaching Hours | : 96 |

Course Introduction

This course is designed to develop advanced skills and apply game strategies in table tennis. The aim of this course is to impart practical experiences by applying related principles in the game. This is an elective course. The main intention of this course is to acquaint the students with coaching strategies of table tennis, however, the practice and demonstration of skills will also be emphasized. It also intends to provide officiating experiences in table tennis tournaments.

Objectives:

The general objectives of the course are to acquaint students with experiences of table tennis.

However, the specific objectives of the course are as follows:

- Explain the historical development of Table Tennis.
- Demonstrate different coaching strategies to teach different strokes.
- Apply different offensive and defensive skills in table tennis.
- Mention the rules and regulations of table tennis.
- Officiate table tennis.

B. Table Tennis 96 hrs

Unit I Grips 5 hrs

- 1.1 Penhold
- 1.2 Shakehand
- 1.3 Stance and footwork

Unit II. Types of strokes 24 hrs

- 2.1 Offensive strokes
 - 2.1.1 Hit
 - 2.1.2 Loop
 - 2.1.3 Counter-hit
 - 2.1.4 Flip
 - 2.1.5 Smash

2.2 Defensive strokes 20 hrs

- 2.2.1 Push
- 2.2.2 Chop
- 2.2.3 Block
- 2.2.4 Lob

Unit III Game Play 15 hrs

- 3.1 Starting a game
- 3.2 Service and return

- 3.3 Let
- 3.4 Scoring
- 3.5 Alternation of services and ends
- 3.6 Singles', doubles and team games
- 3.7 Rules and regulations of table tennis
- 3.8 Officiating table tennis games

Unit IV. Effects of spin

8 hrs

- 4.1 Backspin
- 4.2 Topspin
- 4.3 Sidespin

Unit V. Training and Coaching in Table Tennis

24 hrs

- 5.1 Fitness training in table tennis
- 5.2 Coaching techniques for table tennis (Warm up & cool down)
- 5.3 Diagonal and straight practice
- 5.4 Multi-ball practice (Service, receive and stroke)

Evaluation

Internal evaluation - 40%

Internal evaluation will be conducted by subject teachers based on the following activities:

| SN | Activities | Points |
|--------------|--------------------------------------|-----------|
| 1 | Attendance | 5 |
| 2 | Participation in learning activities | 5 |
| 3 | Performance | 10 |
| 4 | Tournament organization | 10 |
| 5 | Notebook keeping | 10 |
| Total | | 40 |

External Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Science will appoint an external examiner to conduct practical examination at the end of the semester.

| SN | Types of activities | Points |
|--------------|---------------------------------|-----------|
| 1 | Performance in different skills | 40 |
| 2 | Oral test | 20 |
| Total | | 60 |

References

Goel, R. G. and Goel, Veena (1990). *Encyclopaedia of sports and games*. New Delhi: Vikas Publishing House Pvt. Ltd.

Parker, D.(Nd). *Take up table tennis*. New Delhi: Learners Press.

Parker. D. & David, H. (1996). *Play the game table tennis*. London: Bland ford.

Singh, B. (1981). *Rules and skills of games and sports*. New Delhi: Pankaj Publication.

YMCA (1981). *Rules of games and sports*. New Delhi: YMCA Pub. House.

<https://www.britannica.com/sports/table-tennis>

<https://www.experttabletennis.com/coaching/>

<https://www.ittf.com/>

<https://www.tabletenniscoach.me.uk/table-tennis-for-beginners/>

Tribhuvan University

Faculty of Humanities and Social Sciences

Master's Programme in Sports Science

Kirtipur, Kathmandu, Nepal



Syllabus for 4th Semester

2076

Course Structure

| First Semester | | | | Second Semester | | | |
|----------------|-------------|--|-------------|-----------------|-------------|---|-------------|
| SN | Course Code | Course Title | Credit hour | SN | Course Code | Course Title | Credit hour |
| 1 | SPS 551 | Introduction to Sports Science | 3 | 1 | SPS 561 | Biomechanics and Scientific Principles of Games and Sports | 3 |
| 2 | SPS 552 | Sports Psychology | 3 | 2 | SPS 562 | Sport Training, Coaching Science and Officiating | 3 |
| 3 | SPS 553 | Sports Sociology | 3 | 3 | SPS 563 | <u>Specialization</u> Sports Medicine and Exercise Physiology-I Or Sports Management-I Or Sports Pedagogy-I | 3 |
| 4 | SPS 554 | Sports Injuries and Physiotherapy | 3 | 4 | SPS 565 | Health and Physical Fitness | 3 |
| 5 | SPS 555 | Track and Field | 3 | 5 | SPS 566 | Ball Games(Football /Basket ball) | 3 |
| 6 | SPS 556 | Volley Ball | 3 | | | | |
| | | Total Credit hour | 18 | | | Total Credit hour | 15 |
| Third Semester | | | | Fourth Semester | | | |
| SN | Course Code | Course Title | Credit hour | SN | Course Code | Course Title | Credit hour |
| 1 | SPS 571 | Research Methodology | 3 | 1 | SPS 581 | Thesis | 6 |
| 2 | SPS 572 | <u>Specialization</u> Sport Medicine and Exercise Physiology-II Or Sports Management-II or Sports Pedagogy-II | 3 | 2 | SPS 582 | Organization of Coaching Camps and Sport meet, Management in respective game, | 3 |
| 3 | SPS 573 | Field Games (Cricket/Taekwondo/Karate) | 3 | 3 | SPS 583 | <u>Elective (any one)</u> a. Leisure Sports b. Sports Journalism | 3 |
| 4 | SPS 574 | Test, Measurement and Kinanthropometry in Games and Sports | 3 | | SPS 584 | National and International Organization of Sport | 3 |
| 5 | SPS 576 | Racket Games (TableTennis/Badminton) | 3 | | | | |
| | | Total Credit hour | 15 | | | Total Credit hour | 15 |
| | | | | | | Grand Total Credit hour | 63 |

Note: Students have to choose any one subject from the specialization in the second semester and s/he has to choose the same subject of specialization in the third semester.

Thesis

| | | | |
|------------|-----------------|------------------|-------------|
| Course No. | : SPS 581 | Nature of Course | : Practical |
| Level | : Master Degree | Credit Hours | : 6 |
| Semester | : Fourth | Teaching Hours | : 192 |

Course Introduction

This course is designed to acquaint the students with a practical and course based research knowledge to help them in order to accomplish their research work within the semester. This course also provides students the writing skills in their respective field. In addition to that they will be equally trained in writing thesis and present their thesis work in a proper manner. This is a practical course where students have to attend some theory content which are related to the thesis writing. Students will be eligible to write thesis after the completion of the theory contents. Each student will be provided a supervisor to supervise their thesis work.

Objectives

The general objective of this course is to enhance the students with the research knowledge to accomplish their research work; however, the specific objectives of the course are as follows.

- Write different documents
- Identify the research topic for the thesis writing
- Search suitable literature and prepare proposal for the research
- Craft the pragmatic conceptual framework and formulate hypotheses or research question
- Triangulate the research by utilizing both quantitative and qualitative tools
- Design the research and sample
- Craft both quantitative and qualitative tools such as questionnaire, guidelines for focus group discussion, key informant interview, case studies and preparing check lists
- Apply field survey, questionnaire editing, data entry and data analysis
- Write the research report, prepare the presentation and defend the academic work.

Contents

| | |
|---|-----------|
| UNIT I: Academic Writing | 27 |
| 1.1 Definition of academic writing | |
| 1.2 Academic writing documents | |
| 1.2.1 Books and book reports | |
| 1.2.2 Research paper or research article | |
| 1.2.3 Conference paper | |
| 1.2.4 Academic journal | |
| 1.2.5 Dissertation and Thesis | |
| 1.2.6 Abstract | |
| 1.3 Characteristics of Academic Writing | |
| 1.3.1 Planning | |
| 1.3.2 Outline | |
| 1.3.3 Tone | |
| 1.3.4 Language | |
| 1.3.5 Point-of-view | |
| 1.3.6 1.3.6 Approach | |
| 1.3 Structure of Academic Writing | |
| 1.4.1 Introduction | |
| 1.4.2 Body | |
| 1.4.3 Conclusion | |
| 1.5 Guidelines for academic writing | |
| UNIT II. Introduction to Thesis Writing | 4 |
| 2.1 General background | |
| 2.2 Importance of thesis writing in academic courses | |
| 2.3 Library search for some good theses in sports and social sciences | |
| UNIT III: Selection of topic, decision on type of research, sampling and tools as well as preparing and defending the proposal | 6 |
| 3.1 Selection of topic of thesis - exercise session | |
| 3.2 Decision on the design and type of research: explorative, descriptive, longitudinal, cross sectional, experimental etc. | |
| 3.3 Mixed workshop with supervisors and thesis scholars | |
| 3.4 Preparation of Proposal and defense | |
| UNIT IV. Determination of quantitative and/or qualitative tools for the research | 9 |
| 4.1 Preparation of questionnaire design by topic of research | |
| 4.2 Preparation of guidelines for qualitative information collection | |
| 4.3 Role play and pre-test of tools | |
| UNIT V: Field management, recruitment of personnel, collection of information, compiling, coding and editing | 12 |
| 5.1 Field survey, Challenges and opportunities | |

- 5.2 Recruitment and deployment of personnel
- 5.3 Questionnaire administration, conduction of focus group discussion, KII and selection of case studies - Practical
- 5.4 Data compiling, post-coding

UNIT VI: Data processing and analysis 20

- 6.1 Preparation of data entry panel and checking; data entry, deriving preliminary frequencies, cross and mean tables
- 6.2 Multiple answer tables;
- 6.3 Analysis of qualitative tools
- 6.4 Indexing, correlation, regression, ANOVA and other statistical analysis
- 6.5 Use of SPSS, word, excel and power points - a revision

UNIT VII. Report writing and presentation 18

- 7.1 Writing report - some basic tools
- 7.2 Use of language and Dos and Don'ts
- 7.3 Style sheet for following prescribed design
- 7.4 Referencing system (APA)
- 7.5 Preparing presentation of thesis

UNIT VIII. Writing Thesis 96

Evaluation Scheme:

The students are required to follow the course work, present the proposal and follow the instruction of supervisor assigned by the programme. Course will be evaluated as following.

- | | |
|--|-----|
| a. Course work (Internal) | 20% |
| b. Proposal writing (Internal) | 20% |
| c. Thesis writing, viva voce (Internal and External) | 50% |

Proposal presentation and course work will be evaluated by the faculty dealing the course and supervisor, rest of the weightage will be evaluated by the research committee comprising a team of Head/Coordinator of the Programme, Supervisor and External Examiner during the viva-voce examination on the thesis. A separate evaluation sheet will be provided to the research committee to evaluate the whole thesis work.

References

- Trochim, William MK () *Social Research Methods* .
<http://www.socialresearchmethods.net/kb> (Useful for all units)
- Harvard University, *Developing a thesis*.
<https://writingcenter.fas.harvard.edu/pages/developing-thesis>
- Columbia University
https://www.ldeo.columbia.edu/~martins/sen_sem/thesis_org.html
- Acharya, Bidhan (2011). *CDPS style of thesis*.
- Acharya, Bidhan (Ed), (2013). *Handbook of research methodology: approaches and techniques*.
Kathmandu: Central Department of Population Studies, TU.
- Acharya, Bidhan, (2013). Questionnaire Construction and Scaling Methods in Acharya, Bidhan (Ed), (2013). *Handbook of Research methodology: approaches and techniques*.
Kathmandu: Central Department of Population Studies, TU.
- Family Health International (2011) *Qualitative Research Methods: A Data Collector's Field Guide*, Module 1 Qualitative Research Methods Overview, Accessed in url
<https://course.ccs.neu.edu/is4800sp12/resources/qualmethods.pdf#targetText=In%20this%20sense%2C%20qualitative%20research,from%20scientific%20research%20in%20general.&targetText=The%20three%20most%20common%20qualitative,depth%20interviews%2C%20and%20focus%20groups>.
- James, H. (2008). *Academic writing and publishing: A practical handbook*. London: Routledge.
- Murray, R. & Moore, S. Moore (2006). *The handbook of academic writing: A fresh approach*.
England: Open University Press, McGraw-Hill Education.
- Saldana, Johnny (2015). *The coding manual for qualitative researchers*. (3 Ed). Sage Publications. Partial access in https://www.sagepub.com/sites/default/files/upm-binaries/24614_01_Saldana_Ch_01.pdf

Organisation of Coaching Camps and Sports meet management in respective game

| | | | |
|------------|-----------------|------------------|-------------|
| Course No. | : SPS 582 | Nature of Course | : Practical |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Fourth | Teaching Hours | : 96 |

Course Introduction

This course is designed to make students practically experienced with the different aspects of sports coaching and organising tournaments. A group of students not more than four have to choose any one game and they have to plan coaching strategies of the particular game. The students will be sent to different schools to gain experience of the coaching programme. Finally, inter house or inter school (according to the number of teams) tournament will be organised to gain experience of officiating.

Objectives

The general objectives of this course are to acquaint students on coaching and officiating different games and sports. However, the specific objectives of the course are as follows:

- Plan coaching programme in a specific game.
- Organise coaching camps in respective schools.
- Form the organising committee and sub-committees required for the tournament.
- Organise tournament in a specific game.
- Prepare a report on coaching and officiating.

Contents

Unit I. Preparation for the Coaching 60 hrs

1.1 Preparation of coaching strategies in particular game

1.1.1 Composition of a coaching session (Warm up, lead up games, skill part, fun games and cool down)

1.1.2 Time distribution for each event

1.2 Selection of schools and conduction of coaching programme in the schools

Unit II Organising Tournament 21 hrs

2.1 Preliminary preparation (Formulation of Organising Committee and sub committees)

2.2 Announcement of the tournament

2.3 Team entry

2.4 Preparation of tie-sheet

2.5 Management of officials

2.6 Conducting tournament followed by opening and closing ceremony

Unit III, Report Writing

15 hrs

3.1 The format of the report should include:

3.1.1 Introduction

3.1.2 Objectives

3.1.3 Participating teams and schedule

3.1.4 Programme and results

3.1.5 Conclusions/Recommendation

Evaluation

Internal evaluation - 40%

Internal evaluation will be conducted by subject teachers based on the following activities:

| SN | Activities | Points |
|--------------|----------------------------------|-----------|
| 1 | Attendance | 5 |
| 2 | Preparation of coaching plans | 5 |
| 3 | Conduction of coaching programme | 15 |
| 4 | Tournament organization | 15 |
| Total | | 40 |

External Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Science will appoint an external examiner to conduct practical examination at the end of the semester.

| SN | Types of activities | Points |
|--------------|---------------------|-----------|
| 1 | Report writing | 30 |
| 2 | Oral test | 30 |
| Total | | 60 |

References

Anand, R. L. (1986). *Playing field manual*. Patiala: NIS Publication.

Bucher. C.A. (1979). *Administration of physical education and athletics programme*. St. Louis: The C.V. Mosby Company.

Muller. P. and J. W. Refrik. *Intramural Recreational Sports: Programming and Administration*. New York: John wisely and Sons.

Voltmer, E. F. et al (1979). *The organisation and administration of physical education*. New Jersey: Prentice Hall. Inc.

Leisure Sports I

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 583 | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Fourth | Teaching Hours | : 48 |

Course Introduction

This course is designed to provide students with the knowledge of leisure sports, its importance and contribution to the health and well being of individuals and to enhance the quality of community life. As such, the study of Recreation and Leisure is multidisciplinary, requiring understanding of the social, behavioral, physical, and environmental sciences as they pertain to helping people grow and develop in their leisure while conserving our vital natural resources. Knowledge of the arts and humanities is important as well, because leisure and recreation is one of the most fertile opportunities for self-expression and the development of community and country as a whole.

Objectives

The general objective of the course is to acquaint the students with leisure sports while the specific objectives of the course are as follows:

- Explain the basic concepts of leisure and recreation need in human life
- Identify the different system and of Leisure and Recreation program's running around the world
- Describe international leisure and recreation study and importance of ecological tourism
- Discuss the socio-economic analysis of sports and other recreation activities in the world

UNIT I. The Concept of Leisure and Recreation

6 Hrs

- 1.1 The concepts of leisure, recreation, and play
- 1.2 The role leisure in contemporary society
- 1.3 Societal attitudes toward work and leisure
- 1.4 Quality of life and optimal experience
- 1.5 Community leisure services

| | |
|---|---------------|
| UNIT II. International and National Leisure | 8 hrs |
| 2.1 Study of International Leisure and Recreation | |
| 2.2 Physical Fitness Necessary for Healthy Life Leisure and Recreation | |
| 2.3 Total work and leisure-time load in relation to sickness absences in the food industry | |
| 2.4 Nepal in Pictures Leisure and Recreation | |
| 2.5 Australia leisure and recreation study | |
| UNIT III. Eco Tourism and Recreation | 8 hrs |
| 3.1 International Ecological Tourism and Recreation-Study based in Africa | |
| 3.2 Outdoor Recreation- Business Plan SWOT Analysis | |
| 3.3 The Future of Leisure, Recreation and Sport in Canada-A SWOT for Small Sized Enterprises | |
| 3.4 Your fitness and Trekking Grade in Nepal- HIGH | |
| UNIT IV. Therapeutic Recreation and leisure | 8 hrs |
| 4.1 Therapeutic Recreation and leisure | |
| 4.2 Use of television, videogames, and computer among children and adolescents around the world | |
| 4.3 Marathon for international Leisure and Recreation and its Impact on City Economy | |
| UNIT V. Technology Transforming the Leisure and Recreation World | 8 hrs |
| 5.1 Technology transforming the leisure and Recreation world | |
| 5.2 Evolution and development in sports tourism and recreation | |
| 5.3 Laugh Therapy for recreation | |
| UNIT VI. Administrative Operation and Student Presentation | 10 hrs |
| 6.1 Planning personal | |
| 6.2 Finance and Equipment and maintenance | |
| 6.3 Marketing and legal concern | |

Evaluation Guidelines

Students will be evaluated internally and externally.

| | |
|----------------------------|--------------------------------|
| Internal Evaluation | 40 % of the total grade |
|----------------------------|--------------------------------|

| | |
|-------------------------------|------------------------|
| Term paper writing/case study | 50 % of internal grade |
|-------------------------------|------------------------|

| | |
|---------------------|------------------------|
| Midterm examination | 30 % of internal grade |
|---------------------|------------------------|

| | |
|---|------------------------|
| Presentation, attendance and oral tests | 20 % of internal grade |
|---|------------------------|

| | |
|--------------------------|--------------------------------|
| Final Examination | 60 % of the total grade |
|--------------------------|--------------------------------|

| | |
|---------------------------------|-------------|
| Two long questions out of three | 2 x 10 = 20 |
|---------------------------------|-------------|

| | |
|--|------------|
| Eight short answer questions out of 10 | 8 x 5 = 40 |
|--|------------|

References :

Richard F. Mull, Kathryn G. Bayless and Lynn M. Jamieson (2005): **Recreation Sports Management**. Indiana University. Human Kinetic Publishing USA.

Joffre Dumazedier (1974) **Leisure and the social system**. In J. F. Murphy (ed.)

<http://www.businesslink.gov.uk/bdotg/action/>

<http://www.usfk.mil/usfk/>

Various Nepal Websites

<http://www.heartfoundation.org.au/SiteCollectionDocuments/Blueprint%20for%20an%20active%20Australia%20FINAL.pdf>

http://www.ecotourism.org/site/c.orLQKXPCLmF/b.4835303/k.BEB9/What_is_EcotourismThe_International_Ecotourism_Society.htm

http://en.wikipedia.org/wiki/National_parks_of_South_Korea

http://en.wikipedia.org/wiki/Protected_areas_of_Nepal

International Ecological tourism Management: Using Australia and Africa as Case Studies Paul F. J. Eagles- Professor Department of Recreation and Leisure Studies University of Waterloo Waterloo, Ontario, Canada. N2L 3G1.

10. Bradford, Robert W., Duncan, Peter J., Tarcy, Brian, *Simplified Strategic Planning: A No-Nonsense Guide for Busy People Who Want Results Fast!*

<http://www.quickmba.com/strategy/swot/>

<http://www.sciencedirect.com/science>

<http://www.economics.harvard.edu/faculty/alesina/files/Work%20and%20Leisure%20in%20the%20U.S.%20and%20Europe.pdf>

<http://www.thesportjournal.org/article/future-leisure-recreation-and-sport-canada-swot-small-sized-enterprises>

<http://www.recreationtherapy.com/history/korea.htm>

<http://www.youtube.com/watch?v=3UFfRCvRp7o>

<http://www.youtube.com/watch?v=AjY8g98xVsg&feature=related>

<http://www.youtube.com/watch?v=LvkORYjmwRI&feature=related>

<http://www.lotusadventures.com/fitness.cfm>

<http://www.uniquetreks.com/faq.php>

National and International Organisations of Sports

| | | | |
|------------|-----------------|------------------|----------|
| Course No. | : SPS 584 | Nature of Course | : Theory |
| Level | : Master Degree | Credit Hours | : 3 |
| Semester | : Fourth | Teaching Hours | : 48 |

Course Introduction

This course is designed to provide students with the knowledge of national and international organisations of games and sports. It also intends to provide them the knowledge of how those organisations' function to develop games and sports all over the country and the world as well. It is a theoretical course; however, the students will have to visit different national associations to collect relevant information about the organisations.

Objectives

The general objective of this course is to enhance the students with the knowledge of different sports organisations within the country as well as international ones. However, the specific objectives of the course are as follows:

- List the national and international sports organisations.
- Explain the functions of those organisations.
- Describe the roles of those organisations in developing games and sports in the nation and around the world.
- Discuss the importance of IOC and NOC in developing games and sports.

Contents

| | |
|---|---------------|
| UNIT I. Some Selected Sports Associations of Nepal | 12 Hrs |
| 1.1 Volleyball /Basketball Association | |
| 1.2 Badminton Association | |
| 1.3 Cricket /Kabaddi/Khokho Association | |
| 1.4 Nepal Athletics Association | |
| 1.5 Nepal badminton Association | |
| 1.6 Nepal Basketball Association | |
| 1.7 Nepal Olympic Committee | |
| 1.8 Nepal Taekwondo/Karate Association | |

UNIT II. Some Selected Sports Associations/Federations of Asia**12 Hrs**

- 2.1 Asian Athletics Association
- 2.2 Asian Cricket Council
- 2.3 Badminton Asia
- 2.4 International Kabaddi Federation
- 2.5 Asian Karatedo Federation
- 2.6 Olympic Council of Asia
- 2.7 Asian Table Tennis
- 2.8 Asian Taekwondo
- 2.9 South Asia Olympic Council (SAOC)
- 2.10 Asian Volleyball /Badminton/Table Tennis Confederation

UNIT III. Some Selected Association of Summer Olympic International Federations (ASOIF)**12 hrs**

- 3.1 Athletics: International Association of Athletics Federations (IAAF)
- 3.2 Badminton: Badminton World Federation (BWF)/ Basketball: FIBA
- 3.3 Football (FIFA)/Volleyball (FIVB)
- 3.4 Table tennis: International Table Tennis Federation (ITTF)
- 3.5 Taekwondo: World Taekwondo Federation (WT)
- 3.6 International Olympic Committee (IOC)

UNIT IV. Some Selected Association of the IOC Recognised International Sports Federations (ARISF)**6 Hrs**

- 4.1 Cricket: International Cricket Council (ICC)
- 4.2 Karate: World Karate Federation (WKF)
- 4.3 University sports: Fédération Internationale du Sport Universitaire (FISU)

UNIT V. Differently able sports organizations**6 Hrs**

- 5.1.1 Paralympic sports for athletes with cerebral palsy: Cerebral Palsy International Sports and Recreation Association (CPISRA)
- 6.1 Football 7-a-side: International Federation of Cerebral Palsy Football (IFCPF)
- 6.2 Football 5-a-side: International Blind Sports Federation (IBSA)

Evaluation Guidelines

Students will be evaluated internally and externally.

Internal Evaluation**40 % of the total grade**

Term paper writing

50 % of internal grade

Midterm examination

30 % of internal grade

Presentation, attendance and oral tests

20 % of internal grade

Final Examination**60 % of the total grade**

Two long questions out of three

2 x 10 = 20

Eight short answer questions out of 10

8 x 5 = 40

REFERENCES

The international table tennis federation handbook. (47 Ed) (2019). Switzerland: ITTF.

Goel, R. G. & Goel, V. (2016). *Encyclopaedia of sports and games* (12th ed.). New Delhi: Vikas Publishing House Pvt. Ltd.

<https://www.fiba.basketball/>

<https://www.fifa.com/>

<http://www.fivb.com/en>

<http://www.nocnepal.org.np/>

<https://www.nsc.gov.np>

<http://www.ocasia.org/Sports/SportsFedList>

<https://www.olympic.org/ioc-governance-international-sports-federations>

<https://www.olympic.org/the-ioc>

<https://www.paralympic.org/ipc/federations>