



# ST. XAVIER'S COLLEGE (AUTONOMOUS)

Re-accredited with 'A+' by NAAC (4<sup>th</sup> Cycle) | Affiliated to Gujarat University

## VALUE ADDED COURSE SYLLABUS

### Value Added Course: Physical Education: Volleyball

Course Title & Code	Credit Distribution of The Course			Eligibility Criteria	Prerequisite(s) of the Course (if any)
	Lecture	Tutorial	Practical / Practice		
Physical Education Volleyball	1	0	1	10 + 2 from a recognized board in any stream	Nil

#### I. Learning Objectives

The objective of this course is:

- LO-1. Provide an introduction to Physical Education that is accessible to students from any domain, including arts, humanities, social sciences, and STEM fields.
- LO-2. Provide the history of Physical Education & Sports, Olympics.

#### II. Course Outcomes

The outcome of this course is:

- CO-1. Understand the basics of Physical Education.
- CO-2. Analyze the Physical Education is not Just a Sports But it is Science also.
- CO-3. Understand the various tools and instruments used in Physical Education.
- CO-4. Learn about Ancient & Modern Olympics.

#### III. Course Content

##### UNIT - 1: Management of Sporting Event

1. Function of sports events management (planning, organizing, staffing, Directing & controlling)
2. Various Committees & their responsibilities (Pre, during and Post)
3. Fixtures and its procedures-knockout (Bye & Seeding) and League (staircase 7 Cyclic)

## **UNIT - 2: Changing Trends & Career in Physical Education**

1. Concept, Aims and Objectives of Physical Education.
2. Changing Trends in Sports-playing surface, wearable gears and sports equipment technological advancements.
3. Career options in Education.
4. Khelo India and Fit India Programmed.

## **UNIT - 3: Civil Defence and Disaster Management**

1. Ancient & Modern Olympics.
2. Olympism – Concept & Olympics Values.
3. Olympics – Symbols, Motto, Flag, Oath and Anthem.
4. Olympic Movement Structure – IOC & NOC, Ifs, Other Members

## **UNIT - 4: Game (Volleyball)**

1. General Rules.
2. Skills, Under Hand over Hand, Smash, Service.
3. Ground Measurement.

## **IV. Suggestive Readings (Reference Books)**

1. Buchar G.A. :- Foundation of Physical Education, New Jersey
2. William J.F. :- THE Principal of Physical education, Philadelphia, 1964
3. Uppal A.K.:- Physical Fitness and Wellness New Delhi.
4. Getchell B: - Physical Fitness, A Way of Life, New York.
5. [www.olympics.in](http://www.olympics.in)