



**BHARATI VIDYAPEETH
(DEEMED TO BE UNIVERSITY)**

COLLEGE OF PHYSICAL EDUCATION

Dhankawadi, Pune-411 043 (Maharashtra),
Tel.020-24373741

REACCREDITED 'A+' GRADE BY NAAC

**Diploma in Sports Coaching
(Volleyball)
(2 Semester Programme)**

CURRICULUM FRAMEWORK

BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY), PUNE
College of Physical Education

Dhankawadi, Pune-411 043 (Maharashtra),
Tel.020-24373741

I. Title:

- A. Name of the Programme: **Diploma in Sports Coaching (Volleyball)**
- B. Nature & duration of the Programme : **FULLTIME- Diploma Programme of One Year**

II. Introduction:

The Diploma in Sports Coaching (Volleyball) is a full time One-year diploma program offered by Bharati Vidyapeeth (Deemed to be University), Pune

III. Rationale for Syllabus revision:

The One year Diploma in Sports Coaching (Volleyball) prepares a student for a career in sports industry and coaching. The Sports Industry in India is growing by leaps and bounds. As per the FICCI Vision document 2022 India is going to need 4.4 million trained manpower in the Sports Industry.

IV. Vision Statement of Diploma in Sports Coaching (Volleyball) Programme

To facilitate creation of Dynamic and Effective Sports Coaching Professionals who can transform Sports coaching sector and caters to the needs of the society and contribute towards Nation building and Sports Culture.

V. Eligibility for Admission to this Course:

Admission to the course is open to students passed 10+2 of any recognized board satisfying the following conditions:

1. The candidate should have secured at least passed in aggregate at board examination.
2. Admission will be on first come first serve basis.
3. At least participation in inter-school taluka/district school level competition

VI. Teaching Outcome

1. The ability to search, collect, analyse & organize information, concepts, ideas & to convey those ideas clearly & fluently, both theoretically & practically in coaching.
2. Students will be able to identify & describe the contours & stakes of Volleyball
3. Students will learn about various means and its implementation in Volleyball training.
4. The knowledge and respect of ethics and ethical standard in relation to organization of Session effectively and efficiently.
5. Help the students to analyze major competition performances and utilizing that gained Knowledge into their success.

VII. Structure of the Program:

The Diploma in Sports coaching (Volleyball) is of 48 credits, which need minimum one years divided into two semesters to complete. The medium of instruction & examination will be Marathi, Hindi & English. A student would be required to complete the course within five academic years from the date of admission.

A. Credits:

The definition of credits is based on the following parameters;

1. Learning hours put in by the learner
2. Learning outcomes
3. Contents of the syllabus prescribed for the course etc.

In this system each credit can be described as a combination of 03 (**THREE**) components such as Lectures (L) + Tutorials (T) + Practice (P)

These components are further elaborated for an effective teaching learning process;

1. Lectures (L): Classroom lectures delivered by Faculty member in an interactive mode.

2. Tutorials (T): Sessions that includes participatory discussions, presentations by the students, case study discussions etc.
3. Practice (P): It includes LAB sessions for IT related courses & Business Communication practice sessions for courses like Sports Education, Statistics and field assignments etc.

B. Scheme of Examination:

Courses having Internal Assessment (IA) and University Examinations (UE) shall be evaluated by the respective institutes and the University at the term end for 40 (forty) and 60 (Sixty) Marks respectively. The total marks of IA and UE shall be 100 Marks and it will be converted to grade points and grades.

Courses having **only Internal Assessment (IA)** the respective institutes will evaluate the students in various ways such as **Class Test, Presentations, Field Assignments and Mini Projects** for a total of 100 marks during the term. Then the marks will be converted to grade points and grades,

Internship report shall be submitted to college after completion.

C. Components of continuous evaluation system:

Following are the suggested components of CES,

1. Case Study / Situation Analysis- (Group Activity or Individual Activity)
2. Attendance
3. Class Test
4. Field Assignment
5. Role play
6. Industry Analysis (Group Activity or Individual Activity)
7. Business plan
8. Quiz
9. Workbook / scrapbook

D. Grading System

The Faculty of Arts Science and Commerce, Bharati Vidyapeeth (Deemed to be University) has suggested the use of a 10-point grading system for all programmes designed by its different Board of Studies.

Standard of Passing: For all courses, both UE and IA constitute separate heads of passing (HoP). In order to pass in such courses and to earn the assigned credits, the learner must obtain a minimum grade point of 5.0 (40% marks) at UE and also a minimum grade point of 5.0 (40% marks) at IA.

If learner fails in IA, the learner passes in the course provided, he/she obtains a minimum 25% marks in IA & GPA for the course is at least 6.0 (50% in aggregate). The GPA for a course will be calculated only if the learner passes at UE.

A student who fails at UE in a course has to reappear only at UE as backlog candidate and clear the Head of Passing. Similarly, a student who fails in a course at IA he has to reappear only at IA as backlog candidate and clear the Head of Passing. To secure the GPA required for passing.

The 10 point Grades and Grade Points according to the following table

Range of Marks (%)	Grade	Grade Point
80≤Marks≤100	O	10
70≤Marks≤80	A+	9
60≤Marks≤70	A	8
55≤Marks≤60	B+	7
50≤Marks≤55	B	6
40≤Marks≤50	C	5
Marks < 40	D	0

The performance at UE and IA will be combined to obtain GPA (Grade Point Average) for the course. The weights for performance at UE and IA shall be 60% and 40% respectively.

GPA is calculated by adding the UE marks out of 60 & IA marks out of 40. The total marks out of 100 are converted to grade point, which will be the GPA.

Formula to calculate Grade Points (GP)

Suppose that “Max” is the maximum marks assigned for an examination or evaluation, based on which GP will be computed. In order to determine the GP, Set $x = \text{Max}/10$ (since we have adopted 10 point system). Then GP is calculated by the following formulas

Range of Marks	Formula for the Grade Point
$8x \leq \text{Marks} \leq 10x$	10
$5.5x \leq \text{Marks} \leq 8x$	Truncate (M/x) +2
$4x \leq \text{Marks} \leq 5.5x$	Truncate (M/x) +1

Two kinds of performance indicators, namely the Semester Grade Point Average (SGPA) and the Cumulative Grade Point Average (CGPA) shall be computed at the end of each term. The SGPA measures the cumulative performance of a learner in all the courses in a particular semester, while the CGPA measures the cumulative performance in all the courses since his/her enrollment. The CGPA of learner when he /she completes the programme is the final result of the learner.

The SGPA is calculated by the formula

$$\text{SGPA} = \frac{\sum C_k * GP_k}{\sum C_k}$$

Where, C_k is the Credit value assigned to a course and GP_k is the GPA obtained by the learner in the course. In the above, the sum is taken over all the courses that the learner has undertaken for the study during the Semester, including those in which he/she might have failed or those for which he/she remained absent. The SGPA shall be calculated up to two decimal place accuracy.

The CGPA is calculated by the following formula

$$\text{CGPA} = \frac{\sum C_k * GP_k}{\sum C_k}$$

Where, C_k is the Credit value assigned to a course and GP_k is the GPA obtained by the learner in the course. In the above, the sum is taken over all the courses that the learner has undertaken for the study from the time of

his/her enrollment and also during the semester for which CGPA is calculated. The CGPA shall be calculated up to two decimal place accuracy.

The formula to compute equivalent percentage marks for specified CGPA:

% marks (CGPA)	10*	CGPA-10	If $5.00 \leq \text{CGPA} \leq 6.00$	
	05*	CGPA+20	If $6.00 \leq \text{CGPA} \leq 8.00$	
	10*	CGPA-20	If $8.00 \leq \text{CGPA} \leq 9.00$	
	20*	CGPA-110	If $9.00 \leq \text{CGPA} \leq 9.50$	
	40*	CGPA-300	If $9.50 \leq \text{CGPA} \leq 10.00$	

E. Award of Honors:

A student who has completed the minimum credits specified for the programme shall be declared to have passed in the programme. The final result will be in terms of letter grade only and is based on the CGPA of all courses studied and passed. The criteria for the award of honors are given below.

Range of CGPA	Final Grade	Performance Descriptor	Equivalent Range of Marks (%)
$9.5 \leq \text{CGPA} \leq 10$	O	Outstanding	$80 \leq \text{Marks} \leq 100$
$9.0 \leq \text{CGPA} \leq 9.49$	A+	Excellent	$70 \leq \text{Marks} \leq 80$
$8.0 \leq \text{CGPA} \leq 8.99$	A	Very Good	$60 \leq \text{Marks} \leq 70$
$7.0 \leq \text{CGPA} \leq 7.99$	B+	Good	$55 \leq \text{Marks} \leq 60$
$6.0 \leq \text{CGPA} \leq 6.99$	B	Average	$50 \leq \text{Marks} \leq 55$
$5.0 \leq \text{CGPA} \leq 5.99$	C	Satisfactory	$40 \leq \text{Marks} \leq 50$
CGPA below 5.0	F	Fail	Marks below 40

F. ATKT Rules:

A student is allowed to carry any number of backlog papers of Semester I to Semester II. However, Student needs to clear all the paper in Semester II for completion of Diploma.

G. Question Paper Pattern for University Examinations

The pattern of question paper for the courses having University Examinations will be as follows:

Title of the Course		
Date:		Total Marks: 60
Day:		Time: 03 Hours
Instructions:		
A. All Questions are compulsory B. Numbers to the right indicate full marks		
It should contain 09 questions covering the syllabus & should test the Conceptual knowledge of the students.		
Question		Marks
Q. 1		12 marks
OR		
Q. 1		12 marks
OR		
Q. 2		12 marks
OR		
Q. 2		12 marks
Q. 3		12 marks
OR		
Q. 3		12 marks
OR		
Q. 4		
OR		
Q. 4		
OR		
Q. 5	Write short notes (any 3)	(3x4 marks)
	A.	
	B.	
	C.	
	D.	

H. Structure of the Syllabus

The Diploma in Sports Coaching (Volleyball) Programme as per Semesters, Credits and Marks is as follows:

CURRICULUM FRAMEWORK FOR
DIPLOMA IN SPORTS COACHING (VOLLEYBALL)
(2 SEMESTERS)

I-Semester

PART-A: THEORY COURSES:

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/VB/SEM 1/HC/01	Anatomy, Physiology & Biomechanics	60	40	100	60	4
Elective						
DC/VB/SEM 1/ EC/02	Introduction to Volleyball training	60	40	100	60	4
DC/BB/SEM 1/ EC/03	Historical Development of Sports & Volleyball	60	40	100	60	4

NOTE: **HC-** Hard Core/Compulsory Course; **EC:** Elective Course, **PC:** Practical Course, **PR:** Project Report, **LP:** Lesson Plan,

PART-B: PRACTICAL COURSES:

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/VB/SEM 1/PC/01	Conditioning	60	40	100	60	4
DC/VB/SEM 1/PC/02	Skill Development in Volleyball	60	40	100	60	4
DC/VB/SEM 1/ PC/03	Sports Training in Volleyball	60	40	100	60	4

PART-C: PROJECT REPORT

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/VB/SEM 1/PR/01	Project	60	40	100	--	2

PART-D: LESSON PLAN

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/VB/SEM 1/LP/01	Basic Lesson Plan in Volleyball 4 Ground Lesson 2 Theory Lesson	60	40	100	--	2

CURRICULUM FRAMEWORK FOR
DIPLOMA IN SPORTS COACHING (Volleyball)
(2 SEMESTERS)

II-Semester

PART-A: THEORY COURSES:

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/BB/SEM 2/HC/01	Development of Volleyball Players	60	40	100	60	4
Elective						
DC/BB/SEM 1/ EC/01	Specialized Training In Volleyball	60	40	100	60	4
DC/BB/SEM 2/ EC/02	Sports Injury and Rehabilitation	60	40	100	60	4

NOTE: **HC-** Hard Core/Compulsory Course; **EC:** Elective Course, **PC:** Practical Course, **LP:** Lesson Plan, **In: Internship**

PART-B: PRACTICAL COURSES:

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/BB/SEM 2/PC/01	Conditioning in Volleyball	60	40	100	60	4
DC/BB/SEM 2/PC/02	Technique development & Drill Design	60	40	100	60	4
DC/BB/SEM 2/ PC/03	Officiating with Rules & Regulations	60	40	100	60	4

PART-C: Internship

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/BB/SEM 1/IN/01	Internship	60	40	100	--	2

PART-D: ADVANCE LESSON PLAN

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/BB/SEM 2/LP/01	Advanced Lesson Plan 4 Ground Lesson 2 Theory Lesson	60	40	100	--	2

Summary

Semester	Total Credits	Total Marks
Semester I	24	700
Semester II	24	700
Total	48	1400

Semester

I

SYLLABUS FOR DIPLOMA IN SPORTS COACHING (VOLLEYBALL)

SEMESTER I – THEORY COURSES

Paper- I: - Anatomy, Physiology & Biomechanics

UNIT-I : Introduction

- A. Introduction of Basic concepts of Anatomy
- B. Structure and functions of the cell.
- C. Tissues and their classification.
- D. Basic introduction of body systems.

UNIT-II :- A) Skeleto Muscular Systems

- 1. Classification of Skeletal system.
- 2. Types and structure of bones.
- 3. Different types of joints.
- 4. Classification of Muscle
- 5. Types of Muscles

B) Respiratory and Digestive System

- 1. Meaning and types of Respiration, Organs of Respiratory System.
- 2. Functions of Respiratory System, Vital capacity and its measurement. Mechanism of Respiration
- 3. Meaning, importance and organs of the Digestive System.
- 4. Functions, processes, and mechanisms of Digestive System.

UNIT-III :- Fundamental Concept of Anatomy and Physiology

- A. Classification of Joints and Muscles
- B. Types of Muscle Contractions Posture – Meaning,
- C. Types and Importance of good posture.
- D. Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal.

UNIT-IV :- Biomechanical Concepts

- A. Force - Meaning, definition, types and its application to sports activities
- B. Lever - Meaning, definition, types and its application to human body.
- C. Newton's Laws of Motion – Meaning, definition & its application to sports activities.
- D. Projectile – Factors influencing projectile trajectory.

References :-

1. Evelyn Pearce: Anatomy and Physiology for nurses. Culcutta, Oxford University press, 1992
2. Sedey Rod R.- Anatomy and Physiology
3. Stephens & Tate P. St. lous, Mosby, 1992 4. Tortora G. J.: Introduction to Human Body, Ed. 4th California, Addison, Wesley, 1996
4. Tortora G. J. : Introduction to Human Body, Ed. 4th California, Addison, Wesley, 1996
5. Fox Edward – Sports Physiology W B Soundrs Co. 1994
6. A Christine, (1999). *Physiology of Sports & Exercise* USA: Human Kinetics.
7. Conley, M. (2000). *Bioenergetics of Exercise Training*. In T.R. Baechle, & R.W. Earle, (Eds.), *Essentials of Strength Training and Conditioning* (pp. 73-90). Champaign, IL: Human Kinetics.
8. Gupta, A. P. (2010). *Anatomy and Physiology*. Agra: Sumit Prakashan.
9. Gupta, M. and Gupta, M. C. (1980). *Body and Anatomical Science*. Delhi: Swaran Printing Press.
10. Hay, J. G. & Reid, J. G.(1982).*The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
11. Hay, J. G. (1970).*The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
12. Simonian, C.(1911).*Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc.
13. Deshpande (1995) *Manav Kriya Vigyan (Hindi)*,H.V.P.Mandal, Amravati.

Paper- II: - Introduction to Volleyball training

UNIT- I: - Strength and conditioning

- A. Warm Up-Importance of Warm-up, Principles & Methods
- B. Strength- Maximum Strength, Explosive Strength, Strength Endurance
- C. Endurance- Cardio Vascular Endurance, Muscular Endurance
- D. Speed – Movement Speed and Speed Endurance
- E. Flexibility – Elasticity and Extensibility, Static & Dynamic
- F. Agility

UNIT- II: - Rules, Regulations, Officiating, Facility Management

- A. Ground Marking, Rules and Regulation of Volleyball
- B. Qualities & Qualification of officials
- C. Mechanics of Officiating
- D. Developmental trends in facilities and technical equipment.
- E. Construction and maintenance of playfields,
- F. Playing/training facilities, training equipment.

UNIT- III :- Coach- Roles, Ethics and Behaviour

- A. The role of the coach
- B. Personal characteristics
- C. Communication skills.
- D. Being positive, coaching skills, Coach's responsibilities
- E. Sport Functions of the Coach
- F. Developing a Top Class Team, Scouting, Game Preparation, Avoid exhaustion, Position of coach

UNIT- IV: - Requisites of the Volleyball player & Volleyball for Beginners:

- A. Ki anthropometric requirements. Motor qualities are required as per modern trends.
- B. Psychological and sociological abilities required.
- C. Technical and tactical abilities required as per modern trends.
- D. Importance of volleyball for children and Innovative training for children
- E. Methodical way to learn step by step
- F. The Approach Volleyball through the game

References:-

1. Monika Arora,(2020).Volleyball coaching mannual.IN:sports pulication
2. Robert C. Cubbon, (2011) FIVB Level 1 Coaches Manual, Jp: Barebōruanrimiteddo publication
3. Alycia Walsh,(2016) Volleyball Coaching Manual, Uk:Kindle, Edition
4. Ank Sheckler and Volleyball Photography, “Volleyball: A Beginner’s Guide To Volleyball: Get Started Playing And Winning At Volleyball” (Sports For You Series Book 7), June 2015
5. Kinda S. Lenberg “Coaching Volleyball: Insights and Strategies” (Best of Coaching Volleyball Book 4) Kindle Edition
6. Roudy Alkhoury,“Volleyball Strength and Conditioning,” Kindle Edition, (2021)

Paper- III: - Historical Development of Sports & Volleyball

UNIT- I: - Origin of Volleyball

- A. Origin and development of Volleyball in the world,
- B. Development of Volleyball in Asia
- C. Development of Volleyball in India.
- D. FIVA , AVC, VFI, AIU, Khelo India Games

UNIT- II: - Championships in Volleyball

- A. Olympic Games,
- B. World Championships.
- C. FIVA Asian Games,
- D. Asian Championship,
- E. National Championships.

UNIT- III: - Organization of competitions and drawing of fixtures.

- A. Olympic Games
- B. FIVA,
- C. National Championships
- D. Organization governing Volleyball at various levels

UNIT- IV: - Status of Volleyball

- A. Present Status of Volleyball in India
- B. Leagues of Volleyball around the world
- C. Future of Volleyball in India

References:-

1. Robert C. Cubbon, (2011) FIVB Level 1 Coaches Manual, Jp: Barebōruanrimiteddo publication
2. Alycia Walsh,(2016) Volleyball Coaching Manual, Uk:Kindle, Edition
3. Monika Arora,(2020).Volleyball coaching mannual.IN:sports pulication
4. Victoria Sherrow,"Volleyball (History of sports) 2002
5. Sean Donnelly, "A Concise History of Volleyball" Kindle Edition (2014)

SEM- I: - PRACTICAL COURSES

A. Conditioning

- General warming up procedures, methods and forms of exercise.
- Specific warming up procedures, means & methods of exercises/drills.
- Free hand exercise/ callisthenic exercises.
- Development of basic endurance.
- Development of basic strength.
- Development of basic speed.
- Development of flexibility.
- Development of coordination abilities.

B. Skill Development in Volleyball

- Serving – underarm Serving, overarm Serving, float Serving, jump and tennis Serving
- Passing - Basic passes.
- Receiving various serves.
- Setting – front and back setting
- Attacking- front row attack and back row attack.
- Digging
- Playing offensive
- Playing defensive

C. Sports Training in Volleyball

- Skill related physical fitness in Volleyball (Endurance, strength, speed, flexibility, Cooling down)
- Training load,
- Mental Abilities
- Competitive strength, performance pressure, relaxation
- Tactics
 - Tactics in general,
 - Tactics in Volleyball,
 - Individual tactics,
 - Group tactics,
 - Team tactics
- Technique and Coordination

Technique in general, technique in Volleyball, technique training, increasing performance, training tips, monitoring, evaluation, muscle sense, coordinative abilities, exercises

PROJECT REPORT

Students need to prepare Project based on Volleyball as per discussion with the guide.

LESSON PLAN

Students need to prepare 6 lesson plans in this semester-

- 4 lesson plans will be practical ground lessons
- 2 lesson plans will be practical theory lessons on Volleyball

Semester

II

SEMESTER II – THEORY COURSES

Paper- I:- Development of Volleyball Players

UNIT I Talen Identification and development in Volleyball:

- A. Principles, procedures and criteria for scouting talent.
- B. Systematic development of the identified talent on the long-term basis
- C. Steps for periodical monitoring of the progress of talent.

UNIT II Selection of the team:

- A. Criteria, methods of selection of a player
- B. Procedure of selection of a players
- C. Criteria and principles of selecting starting five
- D. Criteria and principles of selecting a team

UNIT III Planning and periodization of training in Volleyball:

- A. Long term plan – aims and contents of training, methods and means of training various elements.
- B. Annual plan (periodization of training)
 - 1. Aims and contents of training in various periods
 - 2. Single periodization
 - 3. Double periodization
 - 4. Multiple periodization
- C. Schedule of training
 - a. Weekly schedule
 - b. Daily schedule (daily practice program)

UNIT IV Psychological preparation of a Volleyball player:

- A. Principle & methods of development of mental (intellectual) pre-requisite.
- B. Psychological preparation of a player and team for high-intensity training.
- C. Psychological preparation of a team and player for competitions at various levels.

Reference:-

1. Monika Arora,(2020).Volleyball coaching mannual.IN:sports pulication
2. Robert C. Cubbon, (2011) FIVB Level 1 Coaches Manual, Jp: Barebōruanrimiteddo publication
3. Alycia Walsh,(2016) Volleyball Coaching Manual, Uk: Kindle Edition
4. Wanceulen Notebooks, “ Volleyball. Scouting Notebook: Templates for scouting reports of players (2019)
5. Edward Spooner, “The Science of Volleyball Practice Development and Drill Design: From Principles to Application” (2012)

Paper-II Specialized training in Volleyball

UNIT I Motor abilities and specialized training in Volleyball

- A. Methods and means of determining the specific motor abilities
- B. Requirements of specific motor differences
- C. Methods and means of development of specific motor abilities
- D. Means for evaluation of progress in the development of specific motor abilities (Specific fitness)

Specialized training:

- Women Basketball players
- Extra tall players.

UNIT II Competitions in Volleyball :

- A. Planning of build-up competitions (practice matches) with specific tasks
- B. Strategy in Volleyball - Definition differences between tactics and strategy, playing strategy (general principles).
- C. Preparation for a match
 1. Pep talk (psychological preparation as well as tactical assignments)
 2. Game plan/strategy
 3. Competition warm-up
 4. Managing the team during a match (coaching during the game).
 5. Methods and means of recording competition performance- Shot-charts, analysis of video recording, observation chart etc.

UNIT III Tactics in Volleyball – Team tactics and its development:

- A. Descriptive analysis of basic & advanced offensive team tactics & systems.
- B. Advantages and dis-advantages of various offensive and defensive team tactics.
- C. Principles of applying different offensive and defensive tactics.
- D. Methods and means of training offensive and defensive tactics.
- E. Trends in development of training and coaching aids and use of coaching aids for the development of tactics.
- F. Means for evaluation of progress in team tactics.
 - 1. Performance in practices matches
 - 2. Performance in competition matches
- G. Coaches observations reports.

UNIT IV Competitions plan in Volleyball

- A. Planning of build-up competitions (practice matches) with specific tasks
- B. Scheduling proper recovery before competition Day
- C. Strategy in Volleyball game- tactics & strategy
- D. Preparation of the team for the match
- E. Managing the team during the game
- F. competitions – training coordination
- G. Match Analysis and evaluation head coach supporting team

Reference:-

- 1. Monika Arora,(2020).Volleyball coaching mannual.IN:sports pulication
- 2. Robert C. Cubbon, (2011) FIVB Level 1 Coaches Manual, Jp: Bare bōru anrimitteddo publication
- 3. Alycia Walsh,(2016) Volleyball Coaching Manual,Uk:Kindle Edition
- 4. Steve Oldenburg “Complete Conditioning for Volleyball”
- 5. Joel Dearing, ‘Volleyball Fundamentals (Sports Fundamentals)’. Illustrated, (2018)
- 6. Bob Bertucci, Toshiaki Yoshida, Makoto Katsumoto & Yasumi Nakanishi, “ The Complete Volleyball Handbook”.(2011)

Paper III Sports Injuries and rehabilitation

UNIT I – Therapeutic Exercises

- A. Definition and Principles of therapeutic exercises
 - 1. Coordination exercise
 - 2. Balance training exercise
 - 3. Strengthening exercise
 - 4. Mobilization exercise
 - 5. Gait training
 - 6. Gym ball exercise
 - 7. Injuries: acute, sub-acute, and chronic.
- B. Advantages and Disadvantages of PRICE, PRINCE therapy
- C. Aquatic therapy

UNIT II – Basic Rehabilitation

- A. Basic Rehabilitation
- B. Strapping/Tapping
- C. Isotonic, Isokinetic, isometric stretching
- D. Advantages, dangers of stretching
- E. Manual muscle grading

UNIT III – Spine Injuries and Exercise Head

- A. Neck and Spine injuries
- B. Rotation injuries
- C. Free hand exercises
- D. Stretching and strengthening exercise for head neck, spine
- E. Supporting & aiding techniques & equipment for Head, Neck & Spine injuries

UNIT IV – Upper Extremity Injuries and Exercise

- A. Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping
- B. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture

Reference:-

1. Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
2. James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.
3. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
4. Pande.(1998). Sports Medicine. New Delhi: Khel Shitya Kendra
5. The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.

SEM- II: - PRACTICAL COURSES

A. Conditioning in Basketball

- General warming up procedures, methods and forms of exercise.
- Specific warming up procedures, means & methods of exercises/drills.
- Free and exercise.
- Development of endurance.
- Development of strength.
- Development of speed.
- Development of flexibility.
- Development of coordination abilities.

B. Technique development & Drill Design

1. Individual defensive techniques – stance, feet movements, arm position etc.
 - Individual defensive tactics while guarding a player with the ball:
 - Player in triple threat position (perimeter)
 - While guarding the dribbler
 - Player had complete the dribble (perimeter)
 - High post with ball
 - Low post with ball
2. Individual defensive tactics while guarding a player without ball:
 - At the perimeter (strong side and weak side)
 - High post position (strong side and weak side)
 - Low post position(strong side and weak side)

C. Officiating with Rules and Regulations (Hand signals & Score sheet)

All the rules and regulation as per International Basketball Federation

<https://www.fiba.basketball/documents/official-basketball-rules-yellow/2020.pdf>

INTERNSHIP

Students need to do Internship in basketball clubs or teach basketball in school or Society for 4 weeks.

ADVANCED LESSON PLAN

Students need to prepare 6 advance lesson plans in this semester-

- 4 lesson plans will be practical ground lessons
- 2 lesson plans will be practical theory lessons on basketball.