

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*.