

APPLICATION OF MODERN TECHNOLOGIES IN SPORTS

(3+0 Cr. Hr.)

COURSE OBJECTIVES

The purpose of introducing this course on modern technological work to provide students the basic but updated knowledge regarding advancement according to new era in equipment, Uniform, Rules and regulations, Audio-visuals and playing area of different major games.

COURSE CONTENTS:

- i. **Modern Technological aspects regarding equipment, Uniform, Rules and regulations, Audio-visuals and playing area of following sports;**
 - a. Cricket
 - b. Hockey
 - c. Football
 - d. Basketball
 - e. Volleyball
 - f. Netball
 - g. Rowing
 - h. Swimming
 - i. Rugby
 - j. Weightlifting
 - k. Wrestling
 - l. Taekwondo
 - m. Table Tennis
 - n. Squash
 - o. Badminton
 - p. Archery
 - q. Cycling
 - r. Rifle Shooting
 - s. Ju-Jitsu
 - t. Athletics
 - u. Skiing
 - v. Kabbad di
 - w. Powerlifting
 - x. Bodybuilding
 - y. Baseball

RECOMMENDED BOOKS

1. Cook, A. M., & Polgar, J. M. (2014). *Assistive Technologies-E-Book: Principles and Practice*. Elsevier Health Sciences.
2. Nash, C. (Ed.). (2014). *Practical sports coaching*. Routledge.

3. Shuman, A. (2018). *The Olympic Games, the Soviet Sports Bureaucracy, and the Cold War: Red Sport, Red Tape.*
4. Stewart, B., Nicholson, M., Smith, A. C., & Hoye, R. (2018). *Sport management: principles and applications.* Routledge.
5. All international websites of above mentioned sports