

GAMES-IV (Rifle Shooting, Archery, Wrestling, Boxing & Weightlifting)

(0+2 Cr. Hr)

COURSE OBJECTIVES

This course is aimed at developing the knowledge of students about rules of the sports & games along with the coaching skills of different sports among the students. The course will enhance the organizational skills in the students and knowledge regarding organization and conduct of tournament at school, college, university and National levels. It will also help the students to develop and polish their leadership qualities and sports-man spirit.

COURSE CONTENTS:

- i. HISTORY, RULES AND TECHNIQUES OF GAMES (RACKET)**
 - a. Rifle Shooting
 - b. Archery

- ii. HISTORY, RULES AND TECHNIQUES OF GAMES (BALL GAMES)**
 - a. Wrestling
 - b. Boxing

- iii. HISTORY, RULES AND TECHNIQUES OF GAMES (FIELD GAMES)**
 - a. Weightlifting

RECOMMENDED BOOKS

1. Mukherjee, S. (2015). *Video games and storytelling: Reading games and playing books*. Springer.
2. Scott, D. M. (2015). *The new rules of marketing and PR: How to use social media, online video, mobile applications, blogs, news releases, and viral marketing to reach buyers directly*. John Wiley & Sons.
3. Müller, M., & Pickles, J. (2015). *Global games, local rules: Mega-events in the post-socialist world*.
4. Jones, M. E. (2016). *Rules of the game: Sports Law*. Rowman & Littlefield.
5. Gardiner, S., O'Leary, J., Welch, R., Boyes, S., & Naidoo, U. (2012). *Sports law*. Routledge.