

Program	BS Physical Education	Course Code	PE-101	Credit Hours	01
Course Title	Games I: Badminton, Basketball & Football (Theory)				
Course Introduction					
This course introduces students to the fundamental skills, strategies, and coaching principles of Badminton, Basketball, and Football. Emphasis is placed on practical application through skill development, gameplay simulations, and coaching techniques specific to each sport.					
Learning Outcomes					
On the completion of the course, the students will:					
<ul style="list-style-type: none"> • Explain the rules, history, and basic Badminton, Basketball, and Football techniques. • Apply fundamental skills in each sport, including dribbling, passing, shooting, defending, and footwork. • Analyze tactical strategies and game plans in Badminton, Basketball, and Football. • Develop coaching skills specific to each sport, including player development and team management. • Utilize performance analysis and feedback technology in Badminton, Basketball, and Football. • Through practical sessions and simulations, evaluate and assess individual and team performance in each sport. • Demonstrate teamwork, leadership, and communication skills in sport-specific settings. 					
Course Content				Assignments/Readings	
Week 1-4	Badminton <ul style="list-style-type: none"> • History, rules, and basic techniques of Badminton • Grip, stance, and basic strokes (forehand, backhand, serve) • Singles and doubles strategies • Skill drills and gameplay simulations 			From Books and Class Lectures	
Week 5-8	Basketball <ul style="list-style-type: none"> • History, rules, and basic techniques of Basketball • Dribbling, passing, shooting, and rebounding fundamentals • Offensive and defensive strategies • Skill development drills and scrimmage 			From Books and Class Lectures	
Week 9-12	Football <ul style="list-style-type: none"> • History, rules, and basic techniques of Football 			From Books and Class Lectures	

	<ul style="list-style-type: none"> • Ball control, passing, shooting, and defensive skills • Tactical formations and strategies (offensive and defensive) • Practical sessions: Skill drills, small-sided games, and full-field simulations 	
Week 13-16	<p>Integration and Application</p> <ul style="list-style-type: none"> • Different types of tournament systems <ul style="list-style-type: none"> ➤ Single Elimination Tournament ➤ Double Elimination Tournament ➤ Round Robin Tournament ➤ Swiss System Tournament ➤ Ladder Tournament ➤ Pyramid Tournament ➤ League Tournament ➤ Knockout Tournament ➤ Consolation Tournament ➤ Progressive Elimination Tournament ➤ Pool Play Tournament ➤ Triple Elimination Tournament ➤ Challenge Tournament ➤ King of the Hill Tournament ➤ Hybrid Tournament ➤ League-Cup Hybrid Tournament ➤ McIntyre System • Comparative analysis of coaching principles across Badminton, Basketball, and Football • Use of technology for performance analysis and feedback • Practical assessments and final simulations in each sport 	From Books and Class Lectures

Textbooks and Reading Material

Textbooks

- American Football Coaches Association (AFCA). (2019). Football coaching bible (5th ed.). Human Kinetics.
- American Sport Education Program (ASEP). (2018). Coaching youth basketball (3rd ed.). Human Kinetics.
- Brahm, B.-V. (2017). Badminton handbook (3rd ed.). Meyer & Meyer Sport.
- Kirkpatrick, D., & Kirkpatrick, T. L. (2016). Football anatomy (2nd ed.). Human Kinetics.
- Krause, J., & Meyer, D. (2016). Basketball skills & drills (4th ed.). Human Kinetics.

Suggested Readings

- Journal of Sports Sciences, International Journal of Sports Physiology and Performance
- Official Websites of the International Badminton Federation (BWF), International Basketball Federation (FIBA), FIFA official website
- YouTube videos on Skills tutorials, match highlights, and coaching clinics

