

Program	BS Physical Education	Course Code	PE-151	Credit Hours	01
Course Title	Games II: Tennis, Netball & Hockey (Theory)				
Course Introduction					
This course introduces students to fundamental skills, strategies, and coaching principles in tennis, netball, and hockey. 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 Tennis, Netball, and Hockey's rules, history, and basic techniques. • Apply fundamental skills in each sport, including strokes, passing, shooting, defending, and footwork. • Analyze tactical strategies and game plans in Tennis, Netball, and Hockey. • Develop coaching skills specific to each sport, including player development and team management. • Utilize technology for performance analysis and feedback in Tennis, Netball, and Hockey. • 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	Tennis <ul style="list-style-type: none"> • History, rules, and basic techniques of Tennis • Grip, stance, and basic strokes (forehand, backhand, serve) • Singles and doubles strategies • Practical sessions: Skill drills and gameplay simulations 			From Books and Class Lectures	
Week 5-8	Netball <ul style="list-style-type: none"> • History, rules, and basic techniques of Netball • Passing, shooting, and defensive skills • Positioning and team play strategies • Practical sessions: Skill development drills and scrimmage 			From Books and Class Lectures	
Week 9-12	Hockey <ul style="list-style-type: none"> • History, rules, and basic techniques of Hockey 			From Books and Class Lectures	

	<ul style="list-style-type: none"> • Stick handling, 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"> • Comparative analysis of coaching principles across Tennis, Netball, and Hockey • 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		
<p>Textbooks</p> <ul style="list-style-type: none"> • American Sport Education Program (ASEP). (2017). Coaching youth tennis (3rd ed.). Human Kinetics. • Anders, E., & Myers, S. (2019). Field hockey: Steps to Success (2nd ed.). Human Kinetics. • Navin, A., & O'Halloran, J. (2016). Coaching netball successfully (2nd ed.). Human Kinetics. • Rive, J., & Williams, S. C. (2018). Tennis skills & drills (4th ed.). Human Kinetics. • Shakespear, W., & Caldow, M. (2016). Netball: Steps to Success (3rd ed.). Human Kinetics. <p>Suggested Readings</p> <ul style="list-style-type: none"> • Journals: Journal of Sports Sciences, International Journal of Sports Physiology and Performance • Websites: International Tennis Federation (ITF), International Netball Federation (INF), International Hockey Federation (FIH) • Videos: Skills tutorials, match highlights, coaching clinics 		