

Program	BS Physical Education	Course Code	PE-251	Credit Hours	01
Course Title	Games IV: Rifle Shooting, Archery, Wrestling, Boxing & Weightlifting (Theory)				
Course Introduction					
Rifle Shooting, Archery, Wrestling, Boxing, and Weightlifting. The emphasis is on practical application through skill development, training methodologies, 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 Rifle Shooting, Archery, Wrestling, Boxing, and Weightlifting techniques. • Apply fundamental skills and techniques in each sport, focusing on accuracy, strength, agility, and technique. • Analyze tactical strategies and game plans specific to Rifle Shooting, Archery, Wrestling, Boxing, and Weightlifting. • Develop coaching skills, including athlete assessment, training program design, and competition preparation. • Utilize technology for performance analysis and feedback in Rifle Shooting, Archery, Wrestling, Boxing, and Weightlifting. • Evaluate individual and team performance through practical sessions and simulations. • Demonstrate teamwork, leadership, and communication skills in sport-specific settings. 					
Course Content					Assignments/Readings
Week 1-4	Rifle Shooting <ul style="list-style-type: none"> • History, rules, and safety protocols in Rifle Shooting • Shooting positions, aiming techniques, and breathing control • Target practice and accuracy drills • Practical sessions: Range training and marksmanship drills 				From Books and Class Lectures
Week 5-8	Archery <ul style="list-style-type: none"> • History, rules, and equipment in Archery • Stance, draw, anchor, and release techniques • Target practice and accuracy drills • Practical sessions: Shooting drills and competitions 				From Books and Class Lectures

Week 9-12	Wrestling & Boxing <ul style="list-style-type: none"> • History, rules, and basic techniques in Wrestling • Stance, takedowns, escapes, and pinning techniques • Practical sessions: Technique drills and live wrestling matches • History, rules, and techniques in Boxing • Footwork, punches, defence, and combinations • Practical sessions: Pad work, sparring, and conditioning drills 	From Books and Class Lectures
Week 13-16	Weightlifting <ul style="list-style-type: none"> • History, rules, and techniques in Weightlifting • Snatch, clean and jerk techniques • Strength training principles and programming • Practical sessions: Lift technique drills and strength assessments 	From Books and Class Lectures
Textbooks and Reading Material		
Textbooks <ul style="list-style-type: none"> • Hatmaker, M. (2016). <i>Boxing mastery: Advanced technique, tactics, and strategies</i> (3rd ed.). Tracks Publishing. • Johnson, T. (2015). <i>Archery fundamentals</i> (4th ed.). Human Kinetics. • Kono, T. (2018). <i>Weightlifting: Olympic style</i> (5th ed.). Human Kinetics. • Krebs, J. (2019). <i>Wrestling techniques and tactics</i> (2nd ed.). Human Kinetics. • Rauzi, S. (2017). <i>The rifle shooter</i> (3rd ed.). Meyer & Meyer Sport. Suggested Readings <ul style="list-style-type: none"> • Websites: International Shooting Sport Federation (ISSF), World Archery Federation (WA), United World Wrestling (UWW), International Boxing Association (AIBA), International Weightlifting Federation (IWF) • Videos: Skills tutorials, match highlights, coaching clinics 		