

<b>Program</b>	BS Physical Education	<b>Course Code</b>	PE-458	<b>Credit Hours</b>	02
<b>Course Title</b>	<b>Specialization in Field Hockey (Theory)</b>				
<b>Course Introduction</b>					
<p>This course focuses on the theoretical and practical aspects of Field Hockey, covering essential skills, strategies, coaching techniques, and performance analysis relevant to the sport. Students will develop a thorough understanding of the game's principles and apply them in practical sessions and simulations.</p>					
<b>Learning Outcomes</b>					
<p>On the completion of the course, the students will:</p> <ul style="list-style-type: none"> <li>• Explain the rules, history, and evolution of Field Hockey.</li> <li>• Apply biomechanical principles to field hockey skills such as passing, dribbling, and shooting.</li> <li>• Analyze tactical strategies and game plans in Field Hockey.</li> <li>• Develop coaching skills specific to Field Hockey, including player development and team management.</li> <li>• Utilize technology for performance analysis and feedback in Field Hockey.</li> <li>• Evaluate and assess Field Hockey performance through practical sessions and simulations.</li> <li>• Demonstrate teamwork, leadership, and communication skills in Field Hockey settings.</li> </ul>					
<b>Course Content</b>				<b>Assignments/Readings</b>	
Week 1	<b>Introduction to Field Hockey</b> <ul style="list-style-type: none"> <li>• History, rules, and evolution of Field Hockey</li> <li>• Role of Field Hockey in sports science and physical education</li> </ul>			From Books and Class Lectures	
Week 2	<b>Biomechanics in Field Hockey</b> <ul style="list-style-type: none"> <li>• Biomechanical principles applied to passing, dribbling, and shooting</li> <li>• Conditioning and fitness requirements for Field Hockey players</li> </ul>			From Books and Class Lectures	
Week 3	<b>Tactics and Strategy</b> <ul style="list-style-type: none"> <li>• Offensive and defensive strategies</li> <li>• Game planning and situational analysis</li> </ul>			From Books and Class Lectures	
Week 4	<b>Coaching Principles in Field Hockey</b> <ul style="list-style-type: none"> <li>• Coaching philosophy and styles</li> <li>• Player development and skill acquisition</li> </ul>			From Books and Class Lectures	

Week 5	<b>Sports Psychology in Field Hockey</b> <ul style="list-style-type: none"> <li>• Mental preparation and performance enhancement techniques</li> <li>• Team dynamics and cohesion</li> </ul>	From Books and Class Lectures
Week 6	<b>Practical Session: Skills Development</b> <ul style="list-style-type: none"> <li>• Passing techniques and drills</li> <li>• Dribbling and ball control skills</li> </ul>	From Books and Class Lectures
Week 7	<b>Tactical Analysis</b> <ul style="list-style-type: none"> <li>• Film study and game analysis</li> <li>• Implementing strategies and adjustments</li> </ul>	From Books and Class Lectures
Week 8	<b>Leadership and Team Management</b> <ul style="list-style-type: none"> <li>• Captains and leadership roles</li> <li>• Communication and motivation</li> </ul>	From Books and Class Lectures
Week 9	<b>Technology in Field Hockey</b> <ul style="list-style-type: none"> <li>• Video analysis software and tools</li> <li>• Use of data analytics in improving performance</li> </ul>	From Books and Class Lectures
Week 10	<b>Injury Prevention and Management</b> <ul style="list-style-type: none"> <li>• Common Injuries in Field Hockey</li> <li>• Rehabilitation and recovery strategies</li> </ul>	From Books and Class Lectures
Week 11	<b>Practical Session: Game Simulations</b> <ul style="list-style-type: none"> <li>• Simulated game scenarios</li> <li>• Team practice and strategy implementation</li> </ul>	From Books and Class Lectures
Week 12	<b>Offence and Defense</b> <ul style="list-style-type: none"> <li>• Penalty corners and offensive plays</li> <li>• Defensive formations and strategies</li> </ul>	From Books and Class Lectures
Week 13	<b>Special Situations</b> <ul style="list-style-type: none"> <li>• End-of-game strategies</li> <li>• Managing pressure situations</li> </ul>	From Books and Class Lectures
Week 14	<b>Ethical Issues in Field Hockey</b> <ul style="list-style-type: none"> <li>• Fair play and sportsmanship</li> <li>• Role of referees and officials</li> </ul>	From Books and Class Lectures
Week 15	<b>Review and Practical Application</b> <ul style="list-style-type: none"> <li>• Recap of key concepts and skills</li> <li>• Practical assessments and feedback</li> </ul>	From Books and Class Lectures

Week 16	<b>Final Exam and Course Wrap-Up</b> <ul style="list-style-type: none"> <li>• Written exam on theory and practical application</li> <li>• Course reflection and feedback</li> </ul>	From Books and Class Lectures
<b>Textbooks and Reading Material</b>		
<p><b>Textbooks</b></p> <ul style="list-style-type: none"> <li>• American Sport Education Program. (2019). Coaching field hockey (3<sup>rd</sup> ed.). Human Kinetics.</li> <li>• Anders, E., &amp; Myers, S. (2017). Field hockey: Steps to Success (3<sup>rd</sup> ed.). Human Kinetics.</li> <li>• Mitchell-Taverner, C. (2015). Field hockey anatomy (2<sup>nd</sup> ed.). Human Kinetics.</li> <li>• Mitchell-Taverner, C. (2018). Field hockey techniques &amp; tactics (2<sup>nd</sup> ed.). Human Kinetics.</li> <li>• Skinner, S. (2017). The hockey playbook: Teaching hockey systems (2<sup>nd</sup> ed.). Human Kinetics.</li> </ul> <p><b>Suggested Readings</b></p> <ul style="list-style-type: none"> <li>• <b>Journals:</b> Journal of Sports Sciences, International Journal of Performance Analysis in Sport</li> <li>• <b>Websites:</b> FIH (International Hockey Federation) official website, Hockey Coaching websites</li> <li>• <b>Videos:</b> Skills tutorials, match highlights, coaching clinics</li> </ul>		