

Program	BS Physical Education	Course Code	PE-251L	Credit Hours	02
Course Title	Games IV: Rifle Shooting, Archery, Wrestling, Boxing & Weightlifting (Practical)				
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	Introduction to Rifle Shooting <ul style="list-style-type: none"> • Lecture on the history, rules, and types of rifle shooting. • Safety briefing and demonstration. • Hands-on session on handling and maintaining rifles. 				From Books and Class Lectures
Week 2	Shooting Techniques and Stances <ul style="list-style-type: none"> • Practical session on different shooting positions: prone, standing, kneeling. • Drills focusing on breath control, trigger control, and sight alignment. • Target practice with peer assessment. 				From Books and Class Lectures
Week 3	Introduction to Archery <ul style="list-style-type: none"> • Lecture on the history, rules, and types of archery. • Safety briefing and demonstration. • Hands-on session on handling and maintaining bows and arrows. 				From Books and Class Lectures
Week 4	Archery Techniques and Form <ul style="list-style-type: none"> • Practical session on stance, nocking the arrow, and drawing the bow. 				From Books and Class Lectures

	<ul style="list-style-type: none"> • Drills focusing on aiming, release, and follow-through. • Target practice with peer assessment. 	
Week 5	<p>Introduction to Rifle Shooting</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and types of rifle shooting. • Safety briefing and demonstration. • Hands-on session on handling and maintaining rifles. <p>Shooting Techniques and Stances</p> <ul style="list-style-type: none"> • Practical session on different shooting positions: prone, standing, kneeling. • Drills focusing on breath control, trigger control, and sight alignment. • Target practice with peer assessment. <p>Introduction to Archery</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and types of archery. • Safety briefing and demonstration. • Hands-on session on handling and maintaining bows and arrows. <p>Archery Techniques and Form</p> <ul style="list-style-type: none"> • Practical session on stance, nocking the arrow, and drawing the bow. • Drills focusing on aiming, release, and follow-through. • Target practice with peer assessment. 	From Books and Class Lectures
Week 6	<p>Introduction to Wrestling</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of wrestling. • Safety briefing and demonstration. • Practical session on basic wrestling skills: stance, movement, and grips. 	From Books and Class Lectures
Week 7	<p>Takedowns and Defense Techniques</p> <ul style="list-style-type: none"> • Practical session on various takedowns: single-leg, double-leg, and throws. • Drills focus on defence techniques and counters. • Partner practice to simulate match conditions. 	From Books and Class Lectures
Week 8	<p>Introduction to Boxing</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of boxing. • Safety briefing and demonstration. • Practical session on basic boxing skills: stance, footwork, and punches. 	From Books and Class Lectures
Week 9	<p>Punching Techniques and Defense</p> <ul style="list-style-type: none"> • Practical session on various punches: jab, cross, hook, uppercut. 	From Books and Class Lectures

	<ul style="list-style-type: none"> • Drills are focusing on defence techniques: blocking, slipping, and parrying. • Partner practice with focus mitts and sparring drills. 	
Week 10	<p>Introduction to Wrestling</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of wrestling. • Safety briefing and demonstration. • Practical session on basic wrestling skills: stance, movement, and grips. <p>Takedowns and Defense Techniques</p> <ul style="list-style-type: none"> • Practical session on various takedowns: single-leg, double-leg, and throws. • Drills focus on defence techniques and counters. • Partner practice to simulate match conditions. <p>Introduction to Boxing</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of boxing. • Safety briefing and demonstration. • Practical session on basic boxing skills: stance, footwork, and punches. <p>Punching Techniques and Defense</p> <ul style="list-style-type: none"> • Practical session on various punches: jab, cross, hook, uppercut. • Drills are focusing on defence techniques: blocking, slipping, and parrying. • Partner practice with focus mitts and sparring drills. 	From Books and Class Lectures
Week 11	<p>Introduction to Weightlifting</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of weightlifting. • Safety briefing and demonstration. • Hands-on session on handling and maintaining weightlifting equipment. 	From Books and Class Lectures
Week 12	<p>Lifting Techniques and Form for Snatch</p> <ul style="list-style-type: none"> • Practical session on basic lifts: Snatch. • Partner practice with peer assessment on form and technique. 	From Books and Class Lectures
Week 13	<p>Lifting Techniques and Form for Clean+Jerk</p> <ul style="list-style-type: none"> • Practical session on basic lifts: Clean+Jerk. • Partner practice with peer assessment on form and technique. 	From Books and Class Lectures
Week 14	<p>Lifting Techniques and Form for Squat, Bench-Press & Deadlift</p> <ul style="list-style-type: none"> • Practical session on basic lifts: Squat, Bench-Press & Deadlift. • Partner practice with peer assessment on form and technique. 	From Books and Class Lectures

Week 15	<p>Introduction to Weightlifting</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of weightlifting. • Safety briefing and demonstration. • Hands-on session on handling and maintaining weightlifting equipment. <p>Lifting Techniques and Form for Snatch</p> <ul style="list-style-type: none"> • Practical session on basic lifts: Snatch. • Partner practice with peer assessment on form and technique. <p>Lifting Techniques and Form for Clean+Jerk</p> <ul style="list-style-type: none"> • Practical session on basic lifts: Clean+Jerk. • Partner practice with peer assessment on form and technique. <p>Lifting Techniques and Form for Squat, Bench-Press & Deadlift</p> <ul style="list-style-type: none"> • Practical session on basic lifts: Squat, Bench-Press & Deadlift. • Partner practice with peer assessment on form and technique. 	From Books and Class Lectures
Week 16	<p>Review and Final Assessment</p> <ul style="list-style-type: none"> • Review of key concepts • Final exam preparation 	From Books and Class Lectures
Textbooks and Reading Material		
<p>Textbooks</p> <ul style="list-style-type: none"> • Dempsey, J., & DeLisa, J. (2021). <i>Boxing: The Ultimate Guide to Training and Fitness</i>. Bloomsbury Sport. • Gable, D. (2019). <i>Wrestling Basics: How to Wrestle</i>. Triumph Books. • Huber, L. (2021). <i>Rifle Shooting: A Guide to Precision Marksmanship</i>. Sports Publishing. • Lee, K. (2020). <i>Archery: Steps to Success</i>. Human Kinetics. • Schmitz, G. (2020). <i>Weightlifting: Technique, Training, and Program Design</i>. Human Kinetics. 		