

RULES & TECHNIQUES OF GAMES-IV

(STUDY TRIP/HIKING, KABADDI, SQUASH & BOXING)

Course Code	PE-262	Credit Hours	3 (1-2)
--------------------	--------	---------------------	---------

Course Description:

This course teaches the rules, techniques, and practical applications of various physical activities, including Study Trips/Hiking, Kabaddi, Squash, and Boxing. Emphasis is placed on enhancing physical fitness, teamwork, discipline, and technical understanding of these games and activities. Students will also learn event management, officiating, and performance analysis.

Course Learning Outcomes (CLOs):

By the end of this course, students will be able to:

1. Explain the rules and regulations of Kabaddi, Squash, and Boxing.
2. Demonstrate fundamental skills and techniques for the specified games and activities.
3. Plan and execute a successful study trip or hiking activity.
4. Officiate Kabaddi, Squash, and Boxing games effectively.
5. Analyze and assess player performance using technical and tactical frameworks.

Course Content:

Week 1-2

Study Trip/Hiking

- Planning and Preparation for Study Trips and Hiking
- Navigational Skills and Equipment Handling
- Safety Precautions and Environmental Awareness
- Practical: Guided hiking session and outdoor activity simulation

Week 3-4

Kabaddi

- **Rules and Regulations:** Court layout, scoring, duration, and fouls
- **Techniques:** Raiding strategies, defensive skills (chain formation, dives, ankle hold)
- **Fitness Requirements:** Agility, strength, and endurance
- **Officiating:** Duties of referee and umpire
- **Practical:** Basic skills drills, mock matches

Week 5-6

Squash

- **Rules and Scoring:** Court dimensions, rally points system, service rules
- **Techniques:** Forehand, backhand, volley, and drop shots
- **Strategy:** Movement patterns and shot selection
- **Officiating:** Referee calls and scoring mechanisms
- **Practical:** Skill practice, simulated games

Week 7-8

Boxing

- **Rules:** Weight classes, scoring criteria, fouls
- **Techniques:** Stance, footwork, punching techniques (jab, cross, hook, uppercut), and defensive skills
- **Safety Measures:** Protective equipment and injury prevention
- **Practical:** Shadowboxing, bag work, sparring drills

Week 9-12

Practical Sessions and Mock Competitions

- Organizing and participating in inter-class competitions
- Officiating practice for Kabaddi, Squash, and Boxing
- Group hiking or study trips with pre-planned routes

Week 13-16

Event Management and Final Assessments

- Organizing sports events for Kabaddi, Squash, and Boxing
- Final theory and practical examinations
- Performance evaluations with feedback

Teaching and Learning Methods:

- **Lectures:** Multimedia-assisted teaching for conceptual clarity
- **Practical Training:** Skill-building sessions under expert supervision
- **Peer Learning:** Student-led practice matches and discussions
- **Workshops:** Special workshops on officiating and event planning
- **Field Activity:** Planned hiking/study trips for experiential learning

Recommended Books (APA Style):

1. Ghosh, A. K. (2021). *Kabaddi: Techniques, tactics, and training*. New Delhi: Sports Publications.
2. Morgan, D. (2020). *The basics of squash: Skills, drills, and strategies*. London: Bloomsbury Sport.
3. Riley, D. (2019). *Introduction to boxing: Fundamental skills and training*. Champaign, IL: Human Kinetics.
4. Mountaineers, T. (2022). *Hiking basics: Skills and strategies for outdoor adventures*. Seattle: The Mountaineers Books.
5. World Squash Federation. (2023). *Squash rules and regulations*. New York, NY: WSF Publications.