**Course Code PEDU-02656, Netball for Girls/Swimming for Boys (Practical) (0+2 Cr. Hr.) 6th Semester**

**OBJECTIVES OF COURSE**This practical course has been designed with the purpose to provide technical knowledge to students to develop their skills in selected games.The purpose of introducing this practical course of Gymnastic Apparatus work is to provide students the basic training to acquire knowledge to participate in healthful activities effectively as means of improving the physical fitness of the youth**.**  
**COURSE CONTENTS**

1. **NET BALL (Skills, Coaching and Officiating**)
2. Receiving
3. Dribbling
4. Defense
5. Footwork
6. Shooting
7. Vision
8. Conclusion

**RECOMMENDED BOOKS**

1. Hannula, D. (2003). *Coaching swimming successfully*. Human Kinetics.
2. Navin, A. (2012). *Netball: Skills & Techniques*. Tactics. Crowood.
3. Kidman, L. (2010). *Athlete-centred coaching: Developing decision makers*. IPC Print Resources.
4. Peters, D. M., & O'Donoghue, P. (Eds.). (2013). *Performance analysis of sport IX*. Routledge.
5. Clapson, M. (2013). *An Education in Sport*. University of Westminster Press.