

**Module Title: Sport Specific Skill Tests****Module Code:** SST201**Programme Title:** Bachelor of Sports and Health Sciences**Credit Value:** 12 credits**Objectives of the module**

This module is designed to provide students with hands-on experience on sport specific skill testing. Through this module, the students will be introduced to the various test relevant to the sport specialization.

**Learning Outcomes**

On completion of the module, students will be able to:

1. Demonstrate the technical skills demanded by selected sports.
2. Assess the technical ability of an elite sports performer.
3. Assess their own technical and tactical ability.
4. Perform skill test for various games including football, volleyball, basketball, badminton table Tennis and athletics on its players.

**Assessment Approach**

Assessment mode	Quantity	Weighting
Assignments Tests Football (Practical)	1	15%
Assignments Tests Volleyball (Practical)	1	15%
Assignments Tests Badminton (Practical)	1	15%
Assignments Tests Basketball (Practical)	1	15%
Assignments Tests Table Tennis (Practical)	1	15%
Theory Test	1	15%
Class participation		10%
	Total	100%

**Subject Matter**

Session (Hours)	Topics	Teaching & Learning Strategies	Mode of Assessment
1(20 Hrs)	<b>Unit I: General Introduction to testing</b> 1.1. Why test? 1.2. How to test? 1.3. Who to test? 1.4. Where to test? 1.5. What to test? 1.6. When to test? 1.7. The Ten Golden Rules of Testing for Coaches	Lecture and class discussion	

2(40 Hrs)	<b>UNIT II: Football Specific Skill Test</b> 2.1. Heading 2.2. Juggling 2.3. Wall-volley 2.4. Dribbling 2.5. Shooting 2.6. Passing 2.7. Multi-faceted tests	Lecture, discussion (Peer, group, and class), presentation, videos, demonstration, practice and execution	Assessment practical 1
3(30 Hrs)	<b>UNIT III: Volleyball Specific Skill Test</b> 3.1. Brumbach Serve Test 3.2. AAHPER Wall Volley test 3.3. AAHPERD Wall Spike Test 3.4. AHPERD Serve Test.	Lecture, discussion (Peer, group, and class), presentation, videos, demonstration, practice and execution	Assessment practical 2
4(40 Hrs)	<b>UNIT IV: Basketball Specific Skill Test</b> 4.1. Field Goal Speed Test 4.2. Basketball throw for accuracy 4.3. Dribble. 4.4. Shooting Accuracy test	Lecture, discussion (Peer, group, and class), presentation, videos, demonstration, practice and execution	Assessment practical 3
5(20 Hrs)	<b>UNIT V: Badminton Specific Skill Test</b> 5.1. French Short Serve Test 5.2. Poole forehand clear test 5.3. Wall volley test 5.4. Racquet bounce test 5.5. Forehand stroke test 5.6. Backhand stroke test 5.7. Serve test	Lecture, discussion (Peer, group, and class), presentation, videos, demonstration, practice and execution	Assessment practical 4
6(30 Hrs)	<b>UNIT VII: Athletics Specific Skill Test</b>	Lecture, discussion (Peer, group, and class).	Assessment practical 5 Theory test

### Reading List:

#### Mandatory Reading

Kansal, D.K. (2021). A Textbook of Sports Science: Test, evaluation, accreditation, measurements and standards (Teams). K.K. Publications, India.

#### Supplementary Reading

Ray, D.C & Hodges, P. B. (2000). *A Comprehensive Guide to Sports Skills Tests and Measurement*. Rowman and Littlefield, USA