Syllabus / Course Outline

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| **Course Name: Cricket** | | |
| **Course Code: HPED 101 B** | **Course Type: Elective** | **Course Credits: 1 hr.** |
| **Class Timings: 16:00-17:00**  **Monday, Wednesday** | **Section: B** | **Student Meeting Hours/ Office Hours: 10:00 -12:00 Monday to Friday** |
| **Instructor Name: Sadia Abdul Khaliq** | | |
| **A Note from the Instructor:**  HPED 101 B in this course through which you will get to know different Cricket basic skills like  Fielding Skill, Batting Skill, Bowling Techniques and many more skills related to Cricket as well as you will learn Basic Rules of Cricket like Cricket ground specifications and how to officiate Cricket match etc.  Students will learn a sense of preparedness for the future. Students develop self-discipline, motivation, and leadership skill that they will need to succeed in building a purposeful life. Always give instructions positively. While given instruction be clear and concise. Show athletes the correct techniques (demonstrate) reinforce efforts and progress. Student can improve cardiovascular health, Help manage weight, Low risk of heart disease stroke and diabetes. Enhance aerobic fitness improve muscular strength and endurance. Improve joints flexibilities and range of motion, stress relief. | | |
| **Instructor Contact Details**  **Email:** sadiakhaliq@fccollege.edu.pk  **Mobile:** 0342-5550471, 0332-5550471  **Office Hours (face to face and/ or online):** 10:00 to 12:00, Monday to Friday  Guidelines for contacting instructor: | | |
| **Course Description**:  Pre-requisites: (Students must be physically and medically fit).  The game of cricket is both an art and a science. It involves techniques of running, Bating, Bowling, and Fielding. All these activities have often to be performed at Speed. These individual skills are very important, but it should not be forgotten that it is a team game, and the players must work together in offense or defense. The game of cricket contains physical challenges. | | |
| **Main Mode of Instruction:** *(Moodle, Zoom, Practical on field, class, WhatsApp group)*  **Technology Requirements**:*Cricket Ground and Cricket Equipment’s / AV-aids* | | |
| **Course Objectives / students learning outline (SLOs):**   1. The objective of this course is to promote Cricket game among the students and equip them with necessary skill (Fielding Skills, Batting Skills, Bowling Techniques) and also knowledge of Cricket. 2. The students will also be introduced to how to bat, how to field and how to ball. 3. The objective of this course is to inculcate the skills of Cricket to equip them with the necessary rules and techniques. 4. The students will also be furnished with good gaming and winning techniques of the game. 5. Explain the competition rules that govern Cricket. 6. Demonstrate the perfection of basic skills of Cricket. 7. Explain the basic movement and output of human body during the game. 8. Improve Mental and Physical fitness. | | |

**Course Content, Learning Material & Activities Schedule**

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| **Wk** | **Topic/ Title** | [**Teaching-Learning Activities: Replacing Traditional Modalities With Remote Options**](https://docs.google.com/document/d/1jY2UWb3QuOogkiSMdPvZd33eKe2kRpfzsTm2LSrnLko/edit#heading=h.4dy4q49omahn) | | |
| **Synchronous**  **(Simultaneously conducted)** | | **Asynchronous** |
| In-Person | Online | Off-campus and offline |
| 1 | Importance of physical fitness to  long-term health. | Practical on field | Moodle | Moodle |
| Physical fitness and Importance  of Warm up/ cool down. | Practical on field | Moodle | Moodle |
| 2 | Cricket ground specification  (Pitch Measurement, Boundaries etc.) | Practical on field | Moodle | Moodle |
| General Rules of the game | Practical on field | Moodle | Moodle |
| 3 | Basics of Cricket  How to use Cricket Kit / Equipment | Practical on field | Moodle | Moodle |
| Hand Eye Coordination with Throwing & Catching | Practical on field | Moodle | Moodle |
| 4 | Fielding Drills | Practical on field | Moodle | Moodle |
| Catching Drills | Practical on field | Moodle | Moodle |
| 5 | Wicket Keeping Drills | Practical on field | Moodle | Moodle |
| Batting Basic Techniques  How to grip, how to Stance, How to Balance & Running Between the Wickets | Practical on field | Moodle | Moodle |
| 6 | Front Foot Batting Techniques | Practical on field | Moodle | Moodle |
| Back Foot Batting Techniques | Practical on field | Moodle | Moodle |
| 7 | Batting Shots  (Defensive Shots, Drive, Flick Cut & Square Drive) | Practical on field | Moodle | Moodle |
| Batting Shots  (Pull, Hook, Sweep, Reverse Sweep etc.) | Practical on field | Moodle | Moodle |
| 8 | Bowling Basic Techniques  How to Bowling run up & Bowling Action | Practical on field | Moodle | Moodle |
| Bowling Line and Length, Pace and Movement | Practical on field | Moodle | Moodle |
| 9 | Fast Bowling Technique | Practical on field | Moodle | Moodle |
| Medium, Fast and Spin Bowling Technique | Practical on field | Moodle | Moodle |
| 10 | Cricket Technologies | Practical on field | Moodle | Moodle |
| Official Duties & scoring System | Practical on field | Moodle | Moodle |
| 11 | Fielding Session | Practical on field | Moodle | Moodle |
| Wicket Keeping Training | Practical on field | Moodle | Moodle |
| 12 | Net Session | Practical on field | Moodle | Moodle |
| Match Practice | Practical on field | Moodle | Moodle |
| 13 | Physical Fitness Training | Practical on field | Moodle | Moodle |
| Bowling Session | Practical on field | Moodle | Moodle |
| 14 | Gym Session | Practical on field | Moodle | Moodle |
| Batting Session | Practical on field | Moodle | Moodle |
| 15 | Net Practice | Practical on field | Moodle | Moodle |
| Match Day | Practical on field | Moodle | Moodle |
| 16 | Final exams | Practical on field | Moodle | Moodle |

**Course Requirements:**

Practical:

The breakup is as follows:

**Class Participation: 20**%

**Final Exam Practical: 80%**

**Total: 100 %**

**Attendance Policy:**

Students must fulfil the requirement of 80% attendance to appear in the Final Exam.

 Students are expected to attend each class. However, it is understandable that there are times when students may miss an occasional class.

 There are **NO EXCUSED ABSENCES** under this policy. All absences are counted, regardless of the reason for the absence, except for illness and other personal reasons. (With proof by documentation)

 Students are responsible for keeping track of the number of their absences. The instructor is not required

to notify a student orally or in writing if the student has excessive absences.

* Students who do not meet the **required attendance policy of 80 %** in the course, will not be able to appear in the **Final Exam**.

**CLASS LATENESS:**

 Student should not be late than ten minutes according to the class timings.

• If a student is coming late in class (i.e., more than five minutes), the student will be considered absent.

• No attendance will be marked after the first five minutes of class.

**LEAVE POLICY:**

 Student must submit the LEAVE APPLICATION to the instructor before the leave or on the very next day when the student returns to the class, after the absence.

 No Leave will be marked after the certain date as mentioned above.

 It is not the responsibility of any student to ask the instructor to mark leave for another student if he/she is

absent from class. Such information will not be considered as Leave.

**CLASS PARTICIPATION POLICY:**

Attendance

(20 MARKS)

This will be considered as an important component of evaluation and grading. Therefore, lack of attendance may influence the student’s ability to do well in the course where participation is highly valued.

• There will be a final evaluation and grading of 20 Marks for the attendance throughout the course.

• Leaves will not be counted as Present in the Final Evaluation of 20 Marks.

**Grade Determination & Course Assessment as per FCC Policy:**

**Grading Legend**

Below is the grading legend of FCCU (published in all catalogs and available on the FCCU website) as approved by the Academic Council

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| --- | --- | --- | --- |
| **Grade** | **Point Value** | **Numerical Value** | **Meaning** |
| A | 4.00 | 93-100 | Superior |
| A- | 3.70 | 90-92 |
| B+ | 3.30 | 87-89 | Good |
| B | 3.00 | 83-86 |
| B- | 2.70 | 80-82 |
| C+ | 2.30 | 77-79 | Satisfactory |
| C | 2.00 | 73-76 |
| C- | 1.70 | 70-72 |
| D+ | 1.30 | 67-69 | Passing |
| D | 1.00 | 60-66 |
| F | 0.00 | 59 or below | Failing |