



Indraprastha College for Women

University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	Generic Elective
Paper Title:	Olympic Education
Unique Paper Code:	2554002001
Semester:	3
Faculty:	Prof. Seema Singh
Year:	2026-27

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
1	To impart knowledge about Olympism and its functions through the various International sports federation, National committees, and IOC commissions	1	Introduction of Olympic Games
		2	Introduction of Ancient Olympic Games
		3	Introduction of Ancient Olympic Games
		4	Introduction and concept of Modern Olympic Games
		5	Introduction and concept of Modern Olympic Games
		6	Introduction and Concept of Olympic Movement
		7	Introduction and Concept of Olympic Movement
		8	Aims and symbols of Olympic Movement
		9	Aims and symbols of Olympic Movement
		10	International Olympic Committee
		11	International Olympic Committee
		12	Revision
2		13	The National Olympic Committee
		14	The National Olympic Committee

		15	The National Olympic Committee
		16	The International Sports Federation
		17	The International Sports Federation
		18	The International Sports Federation
		19	The National Sports Federation
		20	The National Sports Federation
		21	The National Sports Federation
		22	Revision
		23	Revision
3		24	Organisation of the Olympic Games
		25	Organisation of the Olympic Games
		26	Organisation of the Olympic Games
		27	Outline of the international bid process for selecting the host city for the games.
		28	Outline of the international bid process for selecting the host city for the games.
		29	Outline of the international bid process for selecting the host city for the games.
		30	Women and sports
		31	Women and sports
		32	Women and sports
		33	Revision
4		34	Olympic Solidarity Program
		35	Olympic Solidarity Program
		36	Olympic Solidarity Program
		37	Paralympics games
		38	Paralympics games
		39	Paralympics games
		40	Volunteerism in Olympic Games
		41	Volunteerism in Olympic Games
		42	Volunteerism in Olympic Games
		43	Fight against Doping
		44	Fight against Doping
		45	Revision

Unit	Contents/Syllabus
I	UNIT – I THE OLYMPIC MOVEMENT 1.1 Concept of Olympic movement, the Ancient Olympic Games and the Modern Olympic Games and its movement 1.2 Aims and symbols of the Olympic movement. 1.3 The International Olympic Committee (IOC)
II	UNIT – II STRUCTURE OF THE OLYMPIC MOVEMENT 2.1 The National Olympic Committee (NOC). 2.2 The International Sports Federations (IFs) and 2.3 The National Sports Federations (NFs).
III	UNIT – III THE OLYMPIC GAMES 3.1 Organization of the Olympic Games. 3.2 Outline of the international bid process for selecting the host city for the games. 3.3 Women and sports
IV	UNIT – IV IOC PROGRAMME 4.1 Olympic Solidarity Program. 4.2. Paralympics games 4.3. Volunteerism in Olympic Games 4.4 Fight Against Doping
S. No.	Name of Authors/Books/Publishers
1.	Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
2.	Kamlesh, M.L (2013), Foundations of Physical Education, Sports publication, New Delhi.
3.	Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi
4.	Vanaik A. & Tyagi, Sarita (2018). Encyclopedia of Olympic Movement, Friends Publication. New Delhi

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3		2
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks

1	Internal Assessment		30
	• Assignment	12	
	• Class Test	12	
	• Attendance	6	
2.	Continuous Assessment (Tutorial)		
	• Activity 1		
	• Activity 2		
	• Attendance		
3.	Practical		40
	• Continuous Assessment/File	10	
		20	
	• End Term Written/Practical Exam	10	
	• Viva		
4.	End Semester Examination		90