

**B.A. Semester– III**  
**Discipline Specific Course (DSC)-5**

**Course Title:-SPORTS TRAINING AND COACHING**

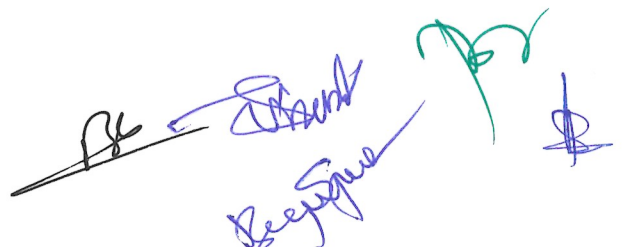
**Course Code:A 3 PED1 T 1**

Type of Course	Theory / Practical	Credits	Instruction hours per week	Total No. of Lectures / Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-3	Theory	6	5+1	75hrs.	3hrs.	20	80	100

**Course Outcomes (COs): At the end of the course students will be able to:**

- CO1: To learn the theoretical and practical aspects of scientific basis of Sports Training and Coaching  
CO2: To understand the Sports Training Components and Methods in a better way and acquire good qualities of a right Coach  
CO3: Learn the meaning and principles of Sports Training  
CO4: Learn the meaning of Periodization and the characteristics of training plans.  
CO5: Implement basic training plans for fitness and performance.  
CO6: Learn to record and prepare reports.

Unit	Title: Sports Training and Coaching	75hrs/sem
Unit I	<b>Introduction</b> <ol style="list-style-type: none"> <li>1. Introduction to Sports Training: Meaning, Definition, Aims and Objectives of Sports Training</li> <li>2. Need and Importance of Sports Training</li> <li>3. Principle of Over Load or Over Use</li> </ol>	15 hrs
Unit II	<b>Training Components</b> <ol style="list-style-type: none"> <li>1. Training Components-Strength (Isometric, Isotonic &amp; Isokinetic) Speed, Endurance, Flexibility, Agility &amp; Coordinative abilities</li> <li>2. Sports Training Methods and its Impacts Continuous Training, Interval Training, Fartlek Training, Circuit Training, Weight Training</li> </ol>	15 hrs
Unit III	<b>Coaching</b> <ol style="list-style-type: none"> <li>1. Meaning, Definition and Importance of Coaching</li> <li>2. Qualities and Qualifications of a Coach</li> <li>3. Responsibilities and Duties of a Coach (Pre, During &amp; Post - Training and Competition)</li> </ol>	15 hrs
Unit IV	<b>Training Program and Planning</b> <ol style="list-style-type: none"> <li>1. Competition Preparation</li> <li>2. Periodization- Meaning and Importance</li> <li>3. Cycles of Training- Micro, Meso and Macro</li> <li>4. Individual Preparation and Team Cohesion</li> <li>5. Psychological Preparation</li> </ol>	15hrs



Unit V	<b>Understanding Sports Training&amp; Coaching</b> <ol style="list-style-type: none"> <li>1. General Principles Sports Training</li> <li>2. Principles of Coaching</li> <li>3. Experience as a coach</li> </ol>	15hrs
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#### Recommended books:

1. Principles of Sports Training, 2012, Dr.SMT.K.G. Jadhav, Khel Sahitya Kendra, Darya Ganj, New Delhi
2. Principles of Coaching and Officiating, 2012, Piyush Jain &Dr.C.S.Tomar, Khel Sahitya Kendra, Darya Ganj, New Delhi
3. Periodization of Training, 2015, Prof.KankanalaVenkateshwarlu, Saran Graphics, Jawaharnagar, Hyderabad
4. Sports Training, 2017, Dr.VikramShankarraoKunturwar, Khel Sahitya Kendra, DaryaGanj, New Delhi
5. Psychology of Coaching, 2016, Dr.N.K.Sharma, Educational Publishers and Distributors, Laxminagar, New Delhi
6. Sports Coaching, 2011, Dr.Rajnikant.P.Patel& Vijay Singh Gurjar, KSK Publishers & Distributors, Darya Ganj, New Delhi
7. Sports Psychology for Coaches, 2013, , Khel Sahitya Kendra, Darya Ganj, New Delhi
8. Principles of Officiating, 2012, Prof.Dabir.R.Qureshi, Sports Publications, Ansari Road, New Delhi
9. Sports Training, 2018, Prof.Satyanarayana, Sports Publication, Darya Ganj, New Delhi
10. Officiating and Coaching, 2013, Dr.Amit Arjun Budhe, Sports Publication, DaryaGanj, New Delhi
11. Training, Teaching, Coaching and Officiating in Physical Education, 2015, Sports Publication, Darya Ganj, New Delhi
12. Principles of Sports Training, 2018, Dr.TarunRouthan, Sport Publication, Sports Publication, Darya Ganj, New Delhi
13. Scientific Methods of Coaching and Training, 2012, Dr. Rajeev Kumar, Sport Publication, Sports Publication, Darya Ganj, New Delhi

### B.A. Semester-III DisciplineSpecificCourse(DSC)- 6 Practical

**Course Title: - SPORTS PROFICEINCY**

**Course Code:-A 3PED 1 P 1**

**Content of Practical Course 3: Practical (2 credits/56 hours)**

#### **SPORTS PROFICEINCY**

##### **Basic Fitness, Training and Assessment**

1. Brief Introduction of Particular Sport/Game (Among the list of IOA, AIU,SGFI)
2. Play Field Technology- Construction, Marking and Equipment
3. Specific Fitness for specific Sport/Game
4. Basic Asanas and Pranayama for Fitness and Recovery
5. Basic Skill, Drills and Techniques of the Game
- 6.Officiating of the Specific Game

**Pedagogy: The course shall be taught through Lecture, Practical, Interactive,Sessions, Materials, Assignments, Seminars, Intramural & Extramural.**

## Reference Books

1. Principles of Sports Training, 2012, Dr.SMT.K.G. Jadhav, Khel Sahitya Kendra, Darya Ganj, New Delhi
2. Principles of Coaching and Officiating, 2012, Piyush Jain & Dr.C.S.Tomar, Khel Sahitya Kendra, Darya Ganj, New Delhi
3. Periodization of Training, 2015, Prof.Kankanala Venkateshwarlu, Saran Graphics, Jawaharnagar, Hyderabad
4. Sports Training, 2017, Dr.Vikram Shankarrao Kunturwar, Khel Sahitya Kendra, Darya Ganj, New Delhi
5. Psychology of Coaching, 2016, Dr.N.K.Sharma, Educational Publishers and Distributors, Laxminagar, New Delhi
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6. Sports Psychology for Coaches, 2013, , Khel Sahitya Kendra, Darya Ganj, New Delhi
7. Principles of Officiating, 2012, Prof.Dabir.R.Qureshi, Sports Publications, Ansari Road, New Delhi
8. Sports Training, 2018, Prof.Satyanarayana, Sports Publication, Darya Ganj, New Delhi
9. Officiating and Coaching, 2013, Dr.Amit Arjun Budhe, Sports Publication, Darya Ganj, New Delhi
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10. Training, Teaching, Coaching and Officiating in Physical Education, 2015, Sports Publication, Darya Ganj, New Delhi
11. Principles of Sports Training, 2018, Dr.Tarun Routhan, Sport Publication, Sports Publication, Darya Ganj, New Delhi
12. Scientific Methods of Coaching and Training, 2012, Dr. Rajeev Kumar, Sport Publication, Sports Publication, Darya Ganj, New Delhi

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test I	05
Assignment	05
<b>Total</b>	<b>10 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

