

Semester – III
PART – A: THEORY COURSE
BTC-301: SPORTS TRAINING

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
4	-	4	64	-	64	30	70	100

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the modern concept of sports training. It aims to develop understanding about the aim and objective of sports training, principles of sports training, system of sports training, training components, training process and training programming and planning.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- understand the modern concept of sports training.
- describe the principles of sports training.
- evaluate and develop system of sports training – basic performance, intermediate performance and high performance training.
- plan training sessions.
- realize and apply the Methods of Technique Training.
- design different training program for Training Components.
- explain Periodization and its types.
- identify talents.

COURSE CONTENTS

Unit – I Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- System of Sports Training – Basic Performance, Intermediate Performance and High Performance Training

Unit – II Training Process

- Training Load- Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Overload; meaning, causes, symptoms and tackling.
- Phases and means of recovery
- Technical Training – Meaning and Methods of Technique Training
- Tactical Training – Meaning and Methods of Tactical Training

Unit – III Training Components

- Strength – Meaning, Types and Methods for improvement
- Speed – Meaning, Types and Methods for improvement
- Endurance - Meaning, Types and Methods for improvement
- Coordination – Meaning, Types and Methods for improvement
- Flexibility – Meaning, Types and Methods for improvement

Unit – IV : Training programming and planning

- Talent Identification and Development
- Periodization – Meaning and types of Periodization
- Aim and Content of Periods – Preparatory, Competition, Transitional etc.
- Planning – principles of planning, types of training plan and training session

TEACHING LEARNING STRATEGIES

- The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

- Field Work/Project Work/Viva/Seminars/Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

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| • End Semester Exam | Marks: 100 (70+30) |
| • Classroom Test, Project Work, Assignments, Presentations | Marks: 70 |
| ○ Classroom Tests: Best one out of two unit tests | Marks: 30 (10+20) |
| ○ Project Work, Assignments, Presentations | (Marks: 10) |
| | (Marks: 20) |

SUGGESTED READINGS

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.
- Harre, D. (1982). *Principles of sports training*. Berlin: Sporulated.
- Jensen, R. C. & Fisher, A. G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2nd Edn.
- Matvyew, L. P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers.
- Singh, H. (1984). *Sports training, general theory and methods*. Patials: NSNIS.
- Uppal, A. K., (1999). *Sports Training*. New Delhi: Friends Publication.