

SEMESTER-VI

B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-6-(4)- FUNDAMENTALS OF SPORTS TRAINING

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-6-(4)- FUNDAMENTALS OF SPORTS TRAINING	4	3	0	1	Class XII pass	NIL

Learning Objective: This course aims to provide understanding through practical knowledge, skills, and practices with enough scope for creativity/Innovations.

Learning Outcomes:

- The learner will be able to apply the concept of sports training for the improvement of sports performance.
- The learner will be able to develop strength, endurance, speed, flexibility, and coordination through various scientific methods and programs.
- The learner will be able to draw and prepare phases of technical and tactical training of sportspersons.
- The learner will be able to analyze the adjustment of load and intensity in different phases of training.
- The learner will be able to create a sports training plan and develop methods for Talent Identification & Development.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit-I Introduction to Sports Training

(10 Hours)

- 1.1 Meaning & Definition of Sports Training
- 1.2 Aim & Objective of Sports Training
- 1.3 Principles of Sports Training

Unit- II Fitness Components-I

(11 Hours)

- 2.1 Strength-Definition, types, and methods of improving strength- Isometric, Isotonic, and Isokinetic; Weight training

2.2 Endurance-Definition, Types, and Methods to Develop Endurance- Continuous Training, Interval Training, Fartlek, and Circuit Training

Unit – III Fitness Components-II (12 Hours)

- 3.1 Speed-Definition, types, and methods to develop different speed abilities.
- 3.2 Flexibility- Definition, Types, and Methods to improve Flexibility (static and dynamic)
- 3.3 Coordinative Abilities-Definition, Types, and methods of improvement of coordinative abilities.

Unit - IV Load Adaptation and Planning (12 Hours)

- 4.1 Training Load and Recovery - Definition and Process
- 4.2 Principles of Intensity and Volume of Stimulus
- 4.3 Planning-Training Session, Different types of the training cycle (macrocycle, mesocycle, micro cycle, yearly cycle, and Olympic Cycle)

PART B- PRACTICALS (30 Hours)

- 1. Develop a program of General and Specific warming up.
- 2. Develop a program of Cooling Down.
- 3. Develop a strength training program.
- 4. Develop a circuit training station for physical fitness.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

- 1. Dick, W. F. (1980) **Sports Training Principles** London: Lepus Books.
- 2. Harre, D. (1982) **Principles of Sports Training** Berlin: Sporulated.
- 3. Jensen, R. C.& Fisher, A.G. (1979) **Scientific Basis of Athletic Conditioning**. Philadelphia: Lea and Fibiger, 2nd Edn.
- 4. Matvyew, L.P. (1981) **Fundamental of Sports Training**. Moscow: Progress Publishers.
- 5. Shaw, D. (2020) **Sports Training** Sports Publication.
- 6. Shaw, D. (2021) **Athletic Care and Rehabilitation** Sports Publications.
- 7. Singh, H. (1984) **Sports Training, General Theory and Methods**. Patiala: NSNIS.
- 8. Uppal, A.K., (1999) **Sports Training** New Delhi: Friends Publication.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.