SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)
SEM- 7 (GE-14)

INTRODUCTION OF SPORTS TRAINING

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
14	**SEM- 7 (GE-14) INTRODUCTION OF SPORTS TRAINING**	04	3	0	1	XII Pass	NIL

LEARNING OBJECTIVES:
The student will be able to gain a basic understanding of sports and develop an awareness of the technical and scientific basis of preparing sportspersons. The paper will help the student develop insights Students will be able to develop potential and skill with motivation and purpose.

COURSE OUTCOMES:
- The students will learn about the Meaning and Principles of Sports Training.
- The students will know about various important terms of Sports Training like Load, Adaptation, Super-compensation, and Overload to make it more effective and meaningful.
- The students will be explained about various training methods for improving the Motor abilities of Sportspersons.
- The students will acquire knowledge of Training plans and principles of Periodization for achieving Top form for an athlete.

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)
Theory: 45 hours, Practical: 30 hours.

UNIT I: INTRODUCTION TO SPORTS TRAINING **(11 Hours)**
1.1 Introduction, Meaning & Definition of Training
1.2 Aim & Objective of Training
1.3 Principles of Sports Training

UNIT II: FITNESS COMPONENTS **(12 hrs lecture)**
2.1 Strength: Definition and its Types
2.2 Endurance: Definition and its Types
2.3 Speed: Definition and its Types
2.4 Flexibility: Definition and its Types
2.5 Coordinative Ability Definition and its Types

UNIT III: TRAINING PROCESS **(11 hrs lectures)**
3.1 Technical Training
3.2 Tactical Training
3.3 Circuit & Weight Training

UNIT IV: LOAD ADAPTATION AND PLANNING **(10 hrs lectures)**

4.1 Overview of Training Load & Recovery
4.2 Introduction to Periodization

PRACTICAL WORK **(30 hours)**

1. Develop a training program for One Week.
2. Develop a training program one month.
3. Develop a circuit training program.

Suggested Readings:

1. Bill Foran, High Performance Sports Conditioning.
2. Frank W. Dick, Sports Training Principles. 4th Edition, Friends Publication, 2006
3. G. Gregory Haff & N. Travis Triplett, Essentials of Strength Training and Conditioning. 4th Edition, Human Kinetics, 2016
4. Singh, H.: Science of Sports Training. DVS Publication, New Delhi, 1991
5. Beachle, T.R.: Earle, R.W.: Essentials of strength training and conditioning, NSCA Publication, 2000.
6. Slater, G., & Phillips, S. M. (2011). Nutrition guidelines for strength sports: sprinting, weightlifting, throwing events, and bodybuilding. Journal of Sports Sciences, 29(sup1), S67- S77.
7. Frank W. Dick, Sports Training Principles. 4th Edition, Friends Publication, 2006
8. G. Gregory Haff & N. Travis Triplett, Essentials of Strength Training and Conditioning. 4th Edition, Human Kinetics, 2016
9. Singh, H.: Science of Sports Training. DVS Publication, New Delhi, 1991
10. John SK (2014). 'Health Fitness and Wellness' ISBN No: 978 93 8218665 6 Prestige Books International, Delhi.