

Semester VI

Paper-17: FUNDAMENTAL OF SPORTS TRAINING

Max. Marks =150

(42 Hours)

Unit-I- SPORTS TRAINING:

Importance, Definition, Aim and objectives, Characteristics & Principles of Sports Training. (Book-1, Ch-1)

8 Hours

Unit-II- TRAINING LOAD, ADAPTATION AND RECOVERY:

Definition of Load, load & Adaptation process, load factors (load Intensity and load Volume), Overload and causes and symptoms of overload, Recovery, factors affecting recovery, Means of recovery. (Book-1, Ch-2)

8 Hours

Unit-III- Bio- Motor abilities and DevelopmentSTRENGTH: Types of strength (maximum strength; explosive strength and Strength endurance), Methods of strength training
SPEED: Definition, Forms &, factors determining speed, Methods to develop speed abilities. (Book-1, Ch-6 &7)

9 Hours

Unit-IV- Bio- Motor abilities and DevelopmentENDURANCE: Definition and significance of endurance, forms of endurance, Methods to develop endurance
FLEXIBILITY: Definition, Factors affecting flexibility; Methods used to develop flexibility. (Book-1, Ch-8 & 9)

8 Hours

Unit-V- Methods of Training and PeriodizationMethods of Training : Continuous and its variations, interval and its variations, Repetition, Circuit training, Plyometric training.
Periodization and periods of Periodization

Competition frequency and Build- up competition. (Book-1, Ch-13, 14 & 18)

9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

Practical (28 Hours)

1. 50 yards test to measure Speed.
2. Measuring back strength, leg strength and grip strength.
3. Measuring explosive strength through vertical jump test and standing broad jump test.
4. Measuring endurance through Cooper's 12 minute run and walk test.
5. Measuring agility through 4 X 10 yards shuttle run.
6. Sit and reach test to measure flexibility
7. Calculation of heart rate reserve, maximum heart rate and training heart rate.

ESSENTIAL READING:**Book-1:-** Singh Hardayal (1991). Science of Sport Training. Delhi: D.V.S Publication.**SUGGESTED READINGS**

- Knopf K (2008). Total Sports Conditioning for Athletes 50 + Ulyssesl Press. Berkeley. California. USA.
- Newton H (2006). Explosive lifting for sports. Human Kinetics. US.
- Philipp A Joan and Wilkerson Jerry D (Joan A. Philipp & Jerry D. Wilkerson.
- Bompa, Tudor O. (2010), Theories and methodology of training. Kendall/Hunt publishing Company. USA.
- Bompa, Tudor O. (2010), Periodization training for sports. Kendall/Hunt publishing Company. USA.

Theory 100 Marks = 75 Terminal Exam + 25 Internal Assessment. Practicals = 50 Marks