

REVISED SYLLABUS 2015-16

SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS, PATIALA
DIPLOMA COURSE IN SPORTS COACHING

THEORY & SCIENCE OF ATHLETICS

FIRST SEMESTER

THEORY PAPER-I

S/no	Topics	Teaching Periods
1.	<u>Rules and their interpretation</u> (a) IAAF General rules and rules pertaining to specific events (b) Lay out and marking	30 periods
2.	<u>Sprints</u> (a) Introduction and brief history (b) Statistical Information (c) Characteristics of sprinters (d) Teaching stages (e) Technique (f) Applied scientific principles (g) Faults- reasons-corrections	14 periods
3.	<u>Hurdles</u> (a) Introduction and brief history (b) Statistical Information (c) Characteristics of Hurdlers (d) Teaching stages (e) Technique (f) Applied scientific principles (g) Faults- reasons-corrections	14 periods
4.	<u>Long Jump</u> (a) introduction and brief history (b) Statistical Information (c) Characteristics of Jumpers (d) Teaching progression (e) Technique (f) Applied scientific principles (g) Faults- reasons-corrections	16 periods

5.	<u>Triple Jump</u>	14 periods
	<ul style="list-style-type: none"> (a) Introduction and brief history (b) Statistical Information © Characteristics of Jumpers (d) Teaching stages (e) Technique (f) Applied scientific principles (g) Faults- reasons-corrections 	
6.	<u>High Jump</u>	14 periods
	<ul style="list-style-type: none"> (a) Introduction and brief history (b) Statistical Information © Characteristics of jumpers (d) Teaching stages (e) Technique (f) Applied scientific principles (g) Faults- reasons-corrections 	
7.	<u>Pole Vault</u>	16 periods
	<ul style="list-style-type: none"> (a) Introduction and brief history (b) Statistical Information © Characteristics of vaulters (d) Teaching stages (e) Technique (f) Applied scientific principles (g) Faults- reasons-corrections 	
8.	Warming up and limbering down (a) Importance (b) principles (c) means and method	4 periods
9.	Requisites of a coach and an athlete	4 periods
	Total	<hr style="border-top: 1px dashed black;"/> 126 periods <hr style="border-top: 1px solid black;"/>

THEORY PAPER-II

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|----|---|-------------------|
| 1. | Rules and their interpretation
(a) Rules pertaining to specific events.
(b) Lay out and Marking
© Officiating | 16 periods |
| 2. | <u>Race walk</u>

(a) Introduction and brief history
(b) Statistical Information
© Characteristics of walker
(d) Teaching stages
(e) Technique
(f) Applied scientific principles
(g) Faults- reasons-corrections | 12 periods |
| 3. | <u>Steeple Chase</u>
(a) Introduction and brief history
(b) Statistical Information
© Characteristics of Steeple chaser
(d) Teaching stages
(e) Technique
(f) Applied scientific principles
(g) Faults- reasons-corrections | 12 periods |
| 4. | <u>Relay Races</u>
(a) Introduction and brief history
(b) Statistical Information
© Characteristics of relay runners
(d) Teaching stages
(e) Technique
(f) Order of runners
(g) Faults- reasons-corrections | 12 periods |
| 5. | <u>Shot put</u>

(a) Introduction and brief history
(b) Statistical Information
© Characteristics of Shot putters
(d) Teaching stages
(e) Technique
(f) Applied scientific principles
(g) Faults- reasons-corrections | 16 periods |

SECOND SEMESTER

Theory Paper-I

1. **Combined events** 12 periods
- (a) Introduction and brief history
 - (b) Statistical Information
 - (c) Types of Combined events athletes
 - (d) Characteristics of athletes
 - (e) Role of decathlon tables
 - (f) Training of combined events
 - (g) Competitions and its kits
 - (h) General tips and tactics
 - (i) Test and evaluation
 - (j) Psychological preparation for competition.
 - (k) Dietary manipulation for combined events in Training and competition
2. **Training of sprint events, hurdle events and relay races** 36 periods
- (a) Training plan
 - (b) Demand profile
 - (c) Test and control methods for periodic assessment of athlete
 - (d) Annual Periodisation plan
 - (e) Different means and method to develop motor qualities
Including technique of the event.
 - (f) Model of weekly training plan
 - (g) Training for youth and advance athletes
 - (h) Load dynamics
 - (i) Planning of trial and competition
 - (j) Talent identification
 - (k) Motivation and psychological preparation for competition
 - (m) Training in different environment and speed barrier
 - (n) Training diary and its analysis
 - (o) Observation plan during competition
3. **Training of Jumps** 36 periods
- a) Training plan
 - (b) Demand profile
 - (c) Test and control methods for periodic assessment of athlete
 - (d) Annual Periodisation plan
 - (e) Different means and method to develop motor qualities
Including technique of the event.
 - (f) Model of weekly training plan
 - (g) Training for youth and advance athletes
 - (h) Load dynamics
 - (i) Planning of trial and competition
 - (j) Talent identification
 - (k) Technical analysis sheet – criteria for observation on technique.
 - (l) Training diary and its analysis
 - (m) Plyometric training

Theory paper-II

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| 1. | (a) Rules pertaining to Marathon, road races and Cross- country races and revision of IAAF rules
(b) Rules pertaining to combined events
© Revision of Lay out and Markings. | 16 periods |
| 2. | <u>Middle and long Distance races</u>

(a) Introduction and brief history
(b) Statistical Information
© Characteristics of runners
(d) Technique
(e) Running strategies and tactics
(f) Running pace and economy of running
(g) Injury pertaining to running-causes and prevention
(h) Running kit and distance performance
(i) Surface and terrain | 12 periods |
| 3. | Training of middle and long distance races, race walking, Steeplechase, marathon, road races and cross country races
(a) Training plan
(b) Demand profile
(c) Test and control methods for periodic assessment of athlete
(d) Annual Periodisation
(e) Different means and method to develop motor qualities
(f) Model of weekly training plan
(g) Training for youth and advance athletes
(h) Load dynamics (mileage plan)
(i) Planning of trial and competition
(j) Talent identification
(k) Motivation and psychological preparation for competition
(n) Training in different environment
(o) Training diary and its analysis
(g) Carbo-hydrate loading system for marathon runner. | 32 periods |
| 4. | <u>Training of throws</u>
(a) Training plan
(b) Demand profile
(c) Test and control methods for periodic assessment of athlete
(d) Periodisation plan
(e) Different means and method to develop motor qualities
Including technique of the event.
(f) Model of weekly training plan
(g) Training for youth and advance athletes
(h) Load dynamics
(i) Planning of trial and competition
(j) Talent identification
(k) Technical analysis sheet – criteria for observation on technique.
(l) Training diary and its analysis | 36 periods |

5.	Specialization training in group of events	36 periods
	(Sprints&hurdles -- Jumps- - Throws -- Middle, long distance & Race-walk – Specific training and Coaching)	
6.	Introduction to kids Athletics.	10 periods
7.	<u>Sports Marketing</u>	15 periods
	(a) Introduction to sports marketing- definition and explanation Of sport marketing, marketing pioneers, unique features of marketing.	
	(b) Consumer Behaviour	
	(i) Sports consumers (professional setting, educational setting And recreational setting)	
	(ii) Internal and External influences	
	(iii) Decision- making process	
	(iv) Customer motives, customer satisfaction	
©	<u>Public relations and Sponsorship</u>	
	(i) media and community relations, public relations tools Image enhancement.	
	(ii) Sponsorship trends, endorsement, planning & sales	
8.	Computer application	15 periods

Note: No exam shall be conducted for topic No.7 & 8.

Total theory periods - 256 periods

PRACTICALS

1st Semester

Slno	Topics	Teaching hours
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MORNING SESSIONS

1	General Physical conditioning training	216 periods
2.	Development of general motor qualities	
3.	General plyometric training(with and without apparatus)	
4.	Development of motor qualities for particular event.	
5.	Track marking and officiating.	
6.	Track and field maintenance	
7.	Intramurals.	
8.	Base creation for endurance events	
9.	Procedure of weight training	

EVENING SESSIONS:

1.	Procedure of general warm up, limber down, calisthenics.	325 periods
2.	Fundamental technical drills/exercises	
3.	Specific warm up	
4.	Practice of teaching progressions in whole-part –whole method	
5.	Individual practice for performance tests.	
6.	Finding out of faults, its reasons and corrections to initiate teaching practice Revisions.	
7.	Tests and performance evaluation	
8.	Teaching of pedagogical aspects.	
9.	Teaching and coaching lesson plans.	

Total practical periods- 541 periods

2nd semester

Slno	Topics	Teaching hours
<u>MORNING SESSIONS:</u>		
1.	Training for maintenance of physical fitness.	144 periods
2.	Specific motor qualities development.	
3.	Practical assignments/projects	
4.	Revision of teaching and coaching practice.	
5.	Track and field maintenance.	
6.	Preparation for intramurals.	
<u>EVENING SESSIONS:</u>		
1.	Specific warming up.	
2.	Teaching and coaching practice	
3.	Individual practice for performance test.	
4.	Test and performance evaluation	
5.	Observation of training of national campers.	
6.	Teaching and coaching lesson plan.	
7.	Specialization training in group of events.	
8.	Kids Athletics	
	Total: -	<u>362 periods</u>