

SPORTS AUTHORITY OF INDIA
NETAJI SUBAS NATIONAL INSTITUTE OF SPORTS, PATIALA

DIPLOMA COURSE IN SPORTS COACHING

REVISED / SYLLABUS 2015-16

THEORY & SCIENCE OF GYMNASTICS
1st Semester

THEORY PAPER - I

<i>Sr.no.</i>	<i>Topics</i>	<i>Teaching Hours</i>
1.	History, Development and Organization a) Origin and development of gymnastics: 1. World (Ancient period, middle ages, renaissance 18 th , 19 th and 20 th century. 2. Asia (China, Japan, Korea, Asian Games & Asian Championship). 3. India(Ancient, British period, After 1950	10
2	Structure and Function of :- 1. FIG 2. GFI 3. AGU 4. EGU 5. SGFI 6. AIU	10
3	Organization and management of Gymnastics Competition. a) Technical Regalement(Latest edition) b) Qualifying criteria for Olympics and other championships.	18
4	Gymnasium and Gymnastics Apparatuses a) Gymnasium -its sizes, facilities required, lighting, flooring system etc. b) Specification of gymnastics apparatuses i)Men Artistic apparatuses ii)Women Artistic Apparatuses iii) Rhythmic Apparatuses iv) Trampoline Apparatuses v) Allied equipment.	14
5	Code of Points- Men Artistic Gymnastics i) Developments of code of points ii) Qualification, right and duties of President and member of MTC, Chair of the Jury, Superior Jury ,Apparatus Supervisor, references Judges, Judges of D and E Jury, Secretaries and scorers.	26

	iii) Generalities of evaluation of exercises	
	iv) Evaluation of Exercises on all events and difficulty tables.	
	a) Floor Exercises	
	b) Pommel Horse	
	c) Rings	
	d) Vault Table	
	e) Parallel Bars	
	f) Horizontal Bar	
6	Code of Points-Woman Artistic Gymnastics:	22
	i) Developments in Women’s code of points	
	ii) Qualification, right and duties of (Chairperson WTC, Expert I ,Expert II, Different Juries, Judges of D Jury, Technical Assistant Judges of Jury E, Line and time Judges, Secretaries and scorers.	
	iii) Generalities of evaluation of an exercises	
	iv) Evaluation of Exercises on all events and difficulty tables.	
	a) Vault Table	
	b) Uneven Bars	
	c) Balance Beam	
	d) Floor Exercises.	
7	Pre-requisites of good Gymnastics Coach and Gymnast	10
	a) Pre- requisites to be good Gymnastics coach	
	i) Qualities and abilities of a gymnastics coach (Physical,psychological,technical,tactical,pedagogical,social,theoretical)	
	ii) Personality characteristics of a gymnastics coach	
	b) Pre-requisite to be a good gymnast:	
	i) Kin anthropometrical demands (Physique body composition, somatotype).(Men and Women).	
	ii)Conditional and coordinative abilities.	
	iii) Intellectual, psychological and tactical psycho-social abilities required to be successful gymnast.	
	iv) Personality characteristics of successful gymnast.	
8	Computer Application	10
	Total Hours	120

THEORY PAPER - II

Sr.no.	Topics	Teaching Hour
1	Warming up and cooling down a) Principal b) Methods c) Importance d) General, Specific and competition warm up e) Cooling down-its method	14
2	Gymnastics its definition-kinds-scope-importance	10
3	Gymnastics Terminology a) Definition and Principal of terminology b) Methods of giving name to various gymnastics terms. c) Type of grips d) Name and definition of some basic position and movement.	16
4	General Development Exercises a) Definition b) Importance of various stages c) Means and methods.	06
5	Safety measures in Gymnastics a) Spotting –its various methods b) Security means and methods c) Self security-methods d) Various reasons of injuries in gymnastics and their prevention.	10
6	Techniques and their developments and teaching and training principal. a) Introduction b) Process of teaching gymnastics movements on apparatus. c) Principal of teaching gymnastics movements on apparatus. d) Principal of training gymnastics movements on apparatus.	16
7	(A)Techniques and methodic of some basic elements on each apparatus. a) Floor Exercise(Men and Women) b) Pommel Horse c) Rings d) Vault Table (Men and Women) e) Parallel Bars f) Uneven Bars g) Balancing Beam h) Horizontal Bar	24
8	Construction of an exercise on all the apparatuses for National Level. a) Floor Exercise(Men and Women)	10

- b) Pommel Horse
- c) Rings
- d) Vault Table (Men and Women)
- e) Parallel Bars
- f) Horizontal Bar
- g) Uneven Bars
- h) Balancing Beam

Total Hours

106

PRACTICALS 1ST SEMESTER

Sr.no.	Topics	Teaching Hours
1	Structural and orderly exercise a) Organization of the class b) Marching In different formations	30
2	Warm up exercises: a) General (free hand exercises) b) Specific exercises	20
3	General development exercises a) Through free hand exercises b) Through apparatus i.e. Medicine ball, skipping rope, wall bars, Gymnastics bench, weight, dumbles, multi gym and rope climbing. c) Through obstacle Gymnastics and recreational games.	30
4	Body form(shaping)exercises	40
5	Specific conditioning for development of motor abilities i.e. strength, speed, endurance, flexibilities and coordinative abilities with apparatus and without apparatus	50
6	Trampoline (Basic Jumps)	20
7	Recreational Games	10
8	Teaching and training of various basic elements and compulsory elements on the following apparatus. a) Floor (Male and Female) b) Pommel c) Rings d) Vault (Male and Female) e) Parallel and Uneven Bars f) Horizontal/Balancing Beam	150
9	Pedagogic practice-teaching, training and coaching of basic elements and officiating.	40
	Total Hours	390

- d) Schedule of training
 - Weekly schedule
 - Daily schedule
 - Lesson Plan
- e) Planning for competition (Competition schedule, order of event of each Gymnast, sequence of gymnast.

7	Psychological preparation of gymnast	06
	<ul style="list-style-type: none"> ➤ Principal and methods of developments of mental pre-requisites for training. ➤ Mental preparation for competition and mental training during competition. 	
8	Special features of training of women gymnasts	06
	Total Hours	96

THEORY PAPER -II

<i>Sr.no.</i>	<i>Topics</i>	<i>Teaching Hours</i>
1	Classification of gymnastics exercises (structural group of exercises). a) Importance of structural group of exercise b) Structural group of swing exercises-their basic technique and information. c) Structural group of strength exercises-their basic technique and information. d) Jumps (Classification, various phases of a vault their basic technique.	24
2	Motor abilities-their development-their measurement and evaluation a) Role of various motor abilities in gymnastics(strength, speed, flexibility, endurance, coordinative abilities) b) Methods and means of development of general motor abilities. c) Methods and means of development of specific motor abilities. d) Measurement and evaluation of general and specific motor abilities in gymnastics	24
3	Anatomical and Physiological of gymnastics movements a) Breathing during exercises on apparatus b) Functions of head during exercises on apparatus c) Functions of arms during exercises on apparatus d) Functions of trunk during exercises on apparatus e) Functions of legs during exercises on apparatus	14
4	Biomechanical Principal and their application in gymnastics movements.	08
5	Technique and methodic of advance elements on various apparatuses i) Floor Exercise(Men and Women) ii) Pommel Horse iii) Rings iv) Vault Table (Men and Women) v) Parallel Bars vi) Horizontal Bar vii) Uneven Bars	10

	viii) Balancing Beam	
6	Construction of exercises for International Level competition in Gymnastics.	20
	a) Registration of performance	
	b) Video analysis of skill	
	c) Assignment to speak of different topics	
7	Growth and Development	18
	a) Definition-stages of growth and development	
	b) Physical, Motor and psychological characteristics of each stage	
	c) Gymnastics training programme for different stages	
8	Sports managements	10
	a) Introduction to sports management:- Definition of type of sports management.	
	b) Consumer Behavior	
	i) Sport consumers(professional setting, Educational setting, Recreational setting)	
	ii) Internal and external Influences	
	iii) Decision-Making process	
	iv) Customer motive, customer satisfaction	
	c) Public relation and sponsorship:	
	i) Media & community relations, public relation & sales process, sales promotions, Advertisement event promotion.	
	Total Hours	128

Note: There shall not be any examination for topics number 8.

PRACTICALS 2nd SEMESTER

<i>Sr.no.</i>	<i>Topics</i>	<i>Teaching Hours</i>
1	General and specific warm up	20
2	choreography and dancing movements	30
3	Rhythmic Gymnastics and Trampoline a) Basic exercises b) Combination	20
4	General and specific conditioning for the development of motor abilities	30
5	Teaching and training of advance elements and compulsory exercises on all the apparatuses. a) Floor(Men and Women) b) Pommel c) Rings d) Vault(Men and Women) e) Parallel and Uneven Bars f) Horizontal Bar/Balancing Beam	120
6	Teaching compulsory exercises on all the apparatuses	30
7	Recreational Games	20
8	Pedagogic practice and officiating	60
	Total Hours	330

RECOMMENDED BOOK

1. Alexander K. Krassilchtechikne (1985).Long term training of young sportsperson, Hyderabad.
2. Coper Phyllis, Milan Thinka, Teaching Gymnastics skill to men and women
3. Fukushima and wrio Russel (1980).Men’s Gymnastics, Faber & Feber, London.
4. FIG 2013-16,MAG Code of Points Version 2 , Switzerland
5. FIG 2013-16,WAG Code of Points, Switzerland
6. FIG 2013-16,Rhythmic Code of Points, Switzerland
7. FIG 2013-16,Trampoline Code of Points, Switzerland
8. FIG 2013-16,Acrobatics Code of Points, Switzerland
9. FIG 2013-16,Aerobics Code of Points, Switzerland
10. FIG 2013-16,Appratus Norms, Switzerland
11. FIG 2001,Management planning, FIG Academy, December Edition, Switzerland
12. FIG 2013-16,Technical Regulation, Switzerland
13. Bawa, G.S.(1999)Fundamental of Men’s friends Gymnastics Friends Publication.
14. Bawa, G.S.(1999)Training manual Gymnastics, N.I.S. Publication
15. Gerald S. George(1980).Biomechanics of women Gymnastics, Pprentice Hall.
16. Kooner, H.S. General Theory and Methods of training.PUBLISHER
17. Hockmuth(1984)Biomechanics of Athlete movements ,Sportsverleg,Berlin
18. JamesG.Hay. Biomechanics of Sports Technique.PUBLISHER.
19. Debnath,Kalpana(1991).Women & Sports performance, Friends Publication.
20. Lioved Recdheed (1837).Men’s Gymnastics Coaching Mannual.Springfield Limited.
21. Rai.Ramesh, Biomechanics-Mechanical Aspect of Human Motion. grim Publication.
Mohali.Punjab.
22. Salmela J.H. PetiotB,Hosizaki T.Blam(1987),Psychological nurturing and guidance of
gymnastics talent,Canada Sports Psyche.PUBLISHER
23. Singh, S.P.and Malhotra, P.Kinanthi, Lunger Publication, Patiala
24. RECOMMEDDED WEBSITE
 - www.fig-gymnastics.com
 - www.rsg.net
 - www.gfi-gymnastics.org
 - www.agu-gymnastics.org.
 - www.gymnasticscoaching.com
 - www.gymnasticsresult.com