

**SPORTS AUTHORITY OF INDIA:  
NETAJI SUBHAS EASTERN CENTRE KOLKATA**

**DIPLOMA COURSE IN SPORTS COACHING**

**REVISED SYLLABUS 2015-16**

**THEORY & SCIENCE OF KAYAKING & CANOEING AND ROWING**

**1<sup>st</sup> Semester**

***THEORY PAPER - I***

1. History, Development and Organization
  - a) Development of modern competitive Canoeing and Kayaking & Rowing
  - b) ICF and IKCA
2. Development of modern competitive Rowing: FISA and RFI
3. Rules and its Interpretations
  - a) Icf, FISA
  - b) TERMINOLOGY used in canoeing/kayaking & Rowing
4. Organization and Management of Competitions
  - a) Canoeing, Kayaking & Rowing: Classifications of Boats and distance of Racing
  - b) Rowing weight categories/classifications of events and boats
5. Facilities and their Management
  - a) Construction of boat house, boat jetty and
  - b) Maintenance of training boat
  - c) Safety factors: Survival swimming and rescue operations
6. Pre-requisite of Water Sports Coach
  - a) Quality of an ideal coach
  - b) Philosophy of coaching
  - c) Duties of coach
  - d) Code of conduct and ethics of coach
7. Pre-requisite of an elite water sports players
  - a) Anthropometrical
  - b) Physiological
  - c) Psychological
  - d) Knowledge technical knowhow of competitions
8. Methods of Teaching and Coaching
  - a) Class organization
  - b) Class Management
    - Principles
    - Organization
    - Formation
    - Control

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### THEORY & SCIENCE OF KAYAKING & CANOEING AND ROWING

#### FIRST SEMESTER - THEORY PAPER II

1. Warming up and limbering down
  - a) Types
    - General
    - Specific
    - Competition
2. Means and methods of motor qualities development
  - a) Endurance
  - b) Strength
  - c) Flexibility
  - d) Speed
  - e) Coordinative abilities
3. Teaching Canoeing and Kayaking to beginners
4. Teaching Rowing to beginners
5. Mechanical principles involved in Canoeing, Kayaking and Rowing
6. Technical analysis of stroke patterns
  - a) Various Types of stroke patterns
  - b) Boat and peddle/Oars setting in Canoeing, Kayaking and Rowing
  - c) Crew setting
7. Tactics in race patterns
  - a) Individual
  - b) Team
8. Land conditioning in water sports
  - a) Flexibility, Endurance and Ergo Training
  - b) Medicine ball, Iso-kinetic machine exercises stroke selected pulling work outs
  - c) Strength development and land
  - d) Weight training General and specific
  - e) Circuit Training

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**THEORY & SCIENCE OF KAYAKING & CANOEING AND ROWING**

**SECOND SEMESTER – THEORY PAPER-I**

1. Interpretation of Rules
2. Faults and corrections
  - a) Importance
  - b) Methods
  - c) During Training
  - d) During competitions
3. Competitions
  - a) Preparation
  - b) Analysis
  - c) Feed back
4. Means and methods of training
5. Planning in Water Sports
  - a) Lesson plan
  - b) Short term plan midterm and annual plan
  - c) Long term plan
  - d) Single periodization
  - e) Multiple periodization
6. Training load and control
  - a) Basic
  - b) Advanced
  - c) Elite
  - d) Types of Load
  - e) Principles of load
  - f) Components of load
  - g) Arrangement of load
  - h) Judgement of load
7. Teaching and Coaching Practice
8. Fundamentals of preparing a training schedule

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**SECOND SEMESTER – THEORY PAPER-II**

1. Common injuries in Water Sports  
Causes and Prevention
2. Specific Test for Canoeing, Kayaking and Rowing
3. Delight principles involved in Sports Training
4. Identification of talents
  - a) Anthropometrical aspects of trainee
  - b) Basic motor qualities, test and measurements
  - c) Selection criteria based on scientific principles such as physiological and psychological test measurements
  - d) Training for age groups
5. Knowhow of other Water Sports activities
  - a) Dragon boats
  - b) Canoe/Kayak cross country
  - c) Wild water canoe
  - d) Canoe polo
  - e) Canoe
  - f) Sea kayaking/surf ski
  - g) Sailing
  - h) Free style kayaking
6. Familiarization of internet and MS Office in Sports Training
7. Familiarization of software for systematic and scientific training
8. Video analysis of International Coaching classes.

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**DIPLOMA COURSE IN SPORTS COACHING**

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**THEORY & SCIENCE OF KAYAKING & CANOEING AND ROWING  
PRACTICAL**

1.	Pre requisite for Elite Water Sports Players	10 Hrs
2.	Warming up limbering down	20 Hrs
3.	Means and Methods of Motor quality development	20 Hrs
4.	Teaching Rowing to beginners	10 Hrs
5.	Tactics in race patterning	06 Hrs
6.	Land conditioning	10 Hrs
7.	Faults and corrections in Rowing	30 Hrs
8.	Means and Methods of Training	10 Hrs
9.	Specific test for Rowing	06 Hrs
10.	Technical Analysis of Strokes	160 Hrs
11.	Teaching and Coaching practice	90 Hrs
12.	Test and measurement general fitness and performance in stroke	20 Hrs
13.	Practice of life saving	04 Hrs