

**SPORTS AUTHORITY OF INDIA**  
**NETAJI SUBAS NATIONAL INSTITUTE OF SPORTS, PATIALA**  
**DIPLOMA COURSE IN SPORTS COACHING**  
**REVISED SYLLABUS 2015-16**

**THEORY & SCIENCE OF WRESTLING**

**1st Semester**

***THEORY PAPER - I***

<b><i>Sr.no.</i></b>	<b><i>Topics</i></b>	<b><i>Teaching Hours</i></b>
1	<b>History and different organizations of the wrestling</b> a) History i. Chronology of Ancient Olympics ii. Chronology of Modern Olympics b) Organisations i. FILA and its Constitution ii. AAWC and its Organisational chart iii. WFI and its Organisational chart	<b>16</b>
2	<b>Rules of Olympic Wrestling</b> a) International rules of wrestling and interpretation thereof	<b>40</b>
3	<b>Regulations for international refereeing body</b> a) Conditions b) Rights and Duties c) Categories	<b>08</b>
4	<b>Organisation and qualification system for different competitions</b> a) Organisation and qualification system for Olympic and World Cup b) Functional Terminology of Wrestling	<b>14</b>
5	<b>Requisites of a Coach</b> a) Philosophy of Coaching i. Meaning, Importance and Development ii. Contemporary and Ideal Philosophical Concepts b) Competencies of a Successful Wrestling Coach	<b>10</b>
6	<b>Pedagogy of Wrestling</b> a) Lesson Plan i. Meaning, Types and Importance ii. Structure b) Different Teaching / Training Methods	<b>12</b>
7	<b>Requisites of an Elite Wrestler</b> a) Genetic profile b) Anthropometrical / bodily profile c) Bio-motor profile d) Techno-tactical profile e) Cognitive profile f) Affective profile	<b>14</b>
<b>Total Hours</b>		<b>114</b>

**THEORY PAPER – II**

<b>Sr.no.</b>	<b>Topics</b>	<b>Teaching Hours</b>
1	<b>Warm-up and warm-down in Wrestling</b> meaning, types, importance, structure , and principles	12
2	<b>Conditioning</b> a) meaning, types and importance b) bio-motor abilities i. endurance - meaning, types, importance and methods ii. strength - meaning, types, importance and methods iii. speed - meaning, types, importance and methods iv. flexibility - meaning, types, importance and methods v. co-ordination - meaning, types, importance and methods c) circuit training a method of general and specific conditioning of wrestlers	20
3	<b>Technique / skill</b> a) meaning and importance b) classification / types of wrestling techniques c) stages of technique / skill perfection d) reasons of faulty techniques e) eradication of learned faults in techniques f) whitmore’s improved learning cycle	28
4	<b>Analysis of wrestling sport</b> a) meaning and importance b) balance meaning, types and importance c) force meaning, types and importance d) biomechanical analysis of a wrestling technique e) analysis of an elite wrestler and competition	28
5	<b>Teaching / Training Aids</b> a) meaning and importance b) purpose and dimension / structure	06
6	<b>Wrestling facility</b> a) prerequisites / check list b) main facility c) ancillary facilities	06
7	<b>Female Wrestling</b> a) Gender differences and effect thereof on performance b) Guide lines for men coaching female	10
<b>Total Hours</b>		<b>110</b>

**PRACTICALS 1<sup>ST</sup> SEMESTER**

<b>Sr.no.</b>	<b>Topics</b>	<b>Teaching Hours</b>
1	<b>Warm-up structure</b> a) Structure b) Procedure i. explanation and demonstration c) Mechanism d) Exposure	50
2	<b>Conditioning</b> a) Procedure explanation and demonstration b) Mechanism c) Exposure i. Running – Cross and Track ii. Free Weight Training iii. Circuit Training iv. Medicine Ball Exercises v. Exercises with Dummies vi. Rope Climbing Exercises vii. Partner Exercises viii. Core Muscles Exercises ix. Gymnastic Exercises	50
3	<b>Fundamentals of Wrestling</b> a) Stance i. Types and Structure ii. Standing and Ground Positions iii. Procedure - Explanation and Demonstration iv. Exposure v. Stance Drills - Practice b) Bridging Exercises i. Procedure Explanation and Demonstration ii. Exposure c) Different Set-Ups Greco and Freestyle d) Basic Movements of Freestyle Wrestling i. Back Arch ii. Stepping iii. Shuffling iv. Knee Drop v. Arm Block vi. Body Dodge vii. Sprawl viii. Knee Spin ix. Reverse Spin x. Penetration Step xi. Giant Walk	60

- Explanation and demonstration
  - Practice
- e) basic Movements of Greco Roman Wrestling
- i. Stepping
  - ii. Pummeling
  - iii. Shuffling
  - iv. Back Arch
  - v. Body Lock (Motion)
  - vi. Body Dodge
  - vii. Step Back
- Explanation and Demonstration
  - Practice
- 4      **Warm – Down**      **30**
- a) Structure
  - b) Procedure
    - Explanation and Demonstration
  - c) Mechanism
  - d) Exposure
- 5      **Live Wrestling**      **30**
- a) Different Methods in Ground Wrestling
  - b) Different Methods in Standing Wrestling
- 6      **Techniques of Greco Roman (Standing Position)**      **40**
- a) From Two on One
    - i. Climb Behind
    - ii. Twist
    - iii. Arm Throw
    - iv. Suplex
    - v. Spiral
    - vi. Lateral Drop
    - vii. Other Finishes
  - b) From Single Under Hook
    - i. Hip Toss
    - ii. Seat Belt Toss
    - iii. Collar Tai Head Lock
    - iv. Other Finishes
  - c) From Double Under Hook
    - i. Bear Hug
    - ii. Belly to Belly
    - iii. Other Finishes
  - d) From Single Over Hook
    - i. Suplex
    - ii. Hip Toss
    - iii. Other Finishes
  - e) From Double Over Hook
    - i. Back Arch
    - ii. Hip Toss
    - iii. Other Finishes
  - f) from Over Head Lock

- i. Throw
  - ii. Rolling
  - iii. Other Finishes
- g) From Under Over Hook
  - i. Misbalance Move
  - ii. Body Lock
  - iii. Spiral
  - iv. Other Finishes
- h) from Belly to Back
  - i. Toss
  - ii. Swing
  - iii. Back Arch
  - iv. Other Finishes
- i) Duck Under and Its Variants
- j) Arm Drag and its Variants
- k) Miscellaneous in Standing Position

7      **Techniques of Greco Roman (Ground Position)**      35

- a) From Flat Position
  - i. Rolls
  - ii. Throws from Waist Hold
  - iii. Throws from Reverse Waist Hold
  - iv. Throws from Head Lock and Reverse Head Lock
  - v. Other Finishes
- b) From Table Top Position
  - i. Rolls
  - ii. Throws from Waist Hold
  - iii. Throws from Reverse Waist Hold
  - iv. Throws from Head Lock and Reverse Head Lock
  - v. Other Finishes

8      **Techniques of Free Style / Female (Standing Position)**      50

- a) From Double In Side
  - i. Single High Leg
  - ii. Double High Leg
  - iii. Fireman's Carry
  - iv. Knee Spins
  - v. High Crotch
  - vi. Other Finishes
- b) From Elbow Control
  - i. Duck Under
  - ii. Single High Leg
  - iii. Double High Leg
  - iv. Other Finishes
- c) From Collar Tie and Single Inside
  - i. Twist
  - ii. Arm Throw
  - iii. Other Finishes
- d) From Under Hook
  - i. Hip Toss
  - ii. Leg Hit

- iii. Duck Under
- iv. Cross Ankle
- v. Cross Knee
- vi. Other Finishes
- e) From Over Hook
  - i. Leg Hit
  - ii. Suplex
  - iii. Grape Wine
  - iv. Cross Ankle
  - v. Cross Knee
  - vi. Other Finishes
- f) From Double Over Hook
  - i. Back Arch
  - ii. Twist
  - iii. Hip Toss
  - iv. Other Finishes
- g) Pinch Head and its Variants
- h) From Non Contact Position
  - i. Ankle Dive (Single and Double)
  - ii. Ankle Lift (Single and Double)
  - iii. Ankle Pick from Different Setup
  - iv. Other Finishes
- i) Snap Down and Its Variants
- j) Cradle and its Variants
- k) Arm Drag and its Variants
- l) Trips and Sweeps from Belly to back Position
- m) Crotch and its Variants
- n) Duck Under Lift (Nikhal) and its Variants
- o) Miscellaneous in Standing Position

9	<b>Techniques of Free Style / Female (Ground Position)</b>	<b>40</b>
	<ul style="list-style-type: none"> <li>a) Rolls and its Variants</li> <li>b) Ankle Lace and its Variants</li> <li>c) Head Lock and its Variants</li> <li>d) Leg Ride and its Variants</li> <li>e) Nelson and its Variants</li> <li>f) Tilts and its Variants</li> <li>g) Miscellaneous in Ground Position</li> </ul>	
10	<b>Teaching / Coaching / Training Practice</b>	<b>30</b>
	<ul style="list-style-type: none"> <li>a) Exposure and Procedure</li> </ul>	

## 2<sup>nd</sup> Semester

### ***THEORY PAPER - I***

<b><i>Sr.no.</i></b>	<b><i>Topics</i></b>	<b><i>Teaching Hours</i></b>
1	<b>Tactics in Wrestling</b> a) Meaning and Importance i. Tactical Actions ii. Tactical Actions for Offensive Wrestling iii. Tactical Actions for Defensive Wrestling iv. Tactical Applications of Wrestling Rules	24
2	<b>Strategy in Wrestling</b> a) Meaning, Importance and Types b) Requirements	18
3	<b>Test, Measurement and Evaluation</b> a) Meaning and Importance b) Different Tests used in Wrestling	12
4	<b>Sports Talent</b> a) Meaning and Importance b) Different Stages c) Different Tests	16
5	<b>Selection Criteria for National Team</b> a) Different Criterion b) Ideal Criterion for Team India	10
6	<b>Traumas in Wrestling</b> a) Meaning and Types b) Common Injuries in Wrestling c) Prevention and Causes of Injuries d) Rehabilitation e) Mental Traumas as a Result of Physical Injuries	18
7	<b>Hygiene</b> - Meaning, Importance and Types	06
8	<b>Promotion of Wrestling Sport</b> - Different Means and Methods	06

**THEORY PAPER - II**

<b>Sr.no.</b>	<b>Topics</b>	<b>Teaching Hours</b>
1	<b>Sports Planning</b> a) Meaning, Importance and Principles b) Types of Sports Planning - As per the Duration - As per the Development	12
2	<b>Periodisation</b> a) Meaning, Types and Importance b) Aims of Different Periods c) Graphic Presentation of Periodisation d) Training Schedules	12
3	<b>Sports Fatigue</b> a) Meaning and Importance b) Types c) Causes and Precaution	10
4	<b>Sports Recovery</b> a) Meaning and Importance b) Different Methods of Recovery	10
5	<b>Psychological Preparation in Wrestling</b> a) Meaning and Importance b) Types - Short Term - Long Term - Pre and Post Bout - Pre and Post Competition	18
6	<b>Nutrition in Wrestling</b> a) Meaning and Importance b) Balance Diet for a Wrestler c) Pre-Bout Meal d) Post-Bout Meal	12
7	<b>ICT in Sports Coaching</b> a) Meaning and Importance b) Different Means of ICT - Computer and its Application - Internet and Other Networkings	14
8	<b>Doping</b> a) Meaning and Importance b) Different Safe Methods to Control the Weight	10
<b>Total Hours</b>		<b>98</b>



**PRACTICALS 2<sup>nd</sup> SEMESTER**

<b>Sr.no.</b>	<b>Topics</b>	<b>Teaching Hours</b>
1	<b>Officiating</b> a) Demonstration and Explanation b) Procedure c) Practice	40
2	<b>Techniques of Greco Roman (Standing Position)</b> a) Defensive Moves of Two on One b) Counter Moves of Two on One c) Defensive Moves of Single Under Hook d) Counter Moves of Single Under Hook e) Defensive Moves of Double Under Hook f) Counter Moves of Double Under Hook g) Defensive Moves of Single Over Hook h) Counter Moves of Single Over Hook i) Defensive Moves of Double Over Hook j) Counter Moves of Double Over Hook k) Defensive Moves of Over Head Lock l) Counter Moves of Over Head Lock m) Defensive Moves of belly to back n) Counter Moves of Belly to Back o) Defensive Moves of Duck Under p) Counter Moves of Duck Under q) Defensive Moves of Arm Drag r) Counter Moves of Arm Drag	60
3	<b>Techniques of Greco Roman (Ground Position)</b> a) Defensive Moves of All Ground Techniques b) Counter Moves of All Ground Techniques	60
4	<b>Remaining Techniques of Different Tie up in Standing and Ground Position (Greco Roman)</b>	40
5	<b>Techniques of Free Style (Standing Position)</b> a) Defence and Counter Moves of Single High Leg Attack b) Defence and Counter Moves of Double High Leg Attack c) Defence and Counter Moves of Low Leg Attack d) Defence and Counter Moves of High Crotch Attack e) Defence and Counter Moves of Ground Techniques f) Defence and Counter Moves of Fireman Carry g) Defence and Counter Moves of Crotch h) Defence and Counter Moves of Leg Ride i) Defence and Counter Moves of Ankle Lace j) Defence and Counter Moves of Nelson k) Defence and Counter Moves of Tilts l) Defence and Counter Moves Arm Bar m) Defence and Counter Moves Duck Under Lift (Nikhal) n) Defence and Counter Moves of Belly to back Position	80

6	<b>Techniques of Free Style (Ground Position)</b>	<b>60</b>
	a) Defence and Counter Moves of All Ground Techniques	
7	<b>Combinations and Chain of Different Techniques</b>	<b>60</b>
	<b>Total Hours</b>	<b>400</b>

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