**Semester – III Theory Courses**
**BPD-C301 SPORTS TRAINING**

**The Course learning outcomes (COs):** On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following…….
**CO-1.**Describing the concept of sports training.
**CO-2.**Associating various training components & training process.
**CO-3.**Generalizing the training process.
**CO-4.**Establishing the talent identification in sports.
**CO-5.**Creating the new periodization and training session.

**Unit – I Introduction to Sports Training** **(**10 Hrs.)
Meaning and Definition of Sports Training
Aim and Objective of Sports Training
Principles of Sports Training
System of Sports Training – Basic Performance, Good Performance and High Performance Training

**Unit – II Training Components** (15 Hrs.)
Strength – Mean and Methods of Strength Development
Speed – Mean and Methods of Speed Development
Endurance - Mean and Methods of Endurance Development
Coordination – Mean and Methods of coordination Development
Flexibility – Mean and Methods of Flexibility Development

**Unit – III Training Process** (15 Hrs.)
Training Load- Definition and Types of Training Load
Principles of Intensity and Volume of stimulus
Technical Training – Meaning and Methods of Technique Training
Tactical Training – Meaning and Methods of Tactical Training

**Unit – IV Training programming and planning** (15 Hrs.)
Periodization – Meaning and types of Periodization
Aim and Content of Periods – Preparatory, Competition, Transitional etc.
Planning – Training session
Talent Identification and Development

**Reference:**


Dick, W. F. (1980).*Sports training principles.* London: Lepus Books.
Harre, D.(1982).*Principles of sports training.*Berlin: Sporulated.
Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2ndEdn.
Matvyew, L.P. (1981).*Fundamental of sports training.* Moscow: Progress Publishers.
Singh, H. (1984).*Sports training, general theory and methods*.Patials: NSNIS.
Uppal, A.K., (1999).*Sports Training.*New Delhi: Friends Publication.


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| CO 2 | | | | | | | | |
| CO 3 | | | | | | | | |
| CO 4 | | | | | | | | |
| CO 5 | | | | | | | | |