

Semester- VI
DISCIPLINE SPECIFIC ELECTIVE
GENERAL COACHING AND TRAINING IN PHYSICAL
EDUCATION
BPE-E601

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Meaning and purpose of coaching.
Meaning and purpose of training.
Meaning and purpose of teaching.

Unit-II

Difference between coaching & training.
Aims and Objectives of coaching.
Aims and Objectives of training.

Unit-III

Qualities of a good coach.
Qualification of a good coach.
Significance of the scientific training.
Duties of a trainer.

Unit – IV

Meaning and Definitions Excretory System.
Structure of skin and kidney (Excretory System).
Effect of exercises on Excretory System.
Qualifications of a P.E.T(PRT, TGT & PGT), Coach and college lecturer.
Awards-
Bharat ratan
Rajiv Gandhi khel ratn award
Dronacharya
Arjuna
Maulana abul kalam azad trophy.

Introduction of Major trophy in games and sports in India.

HOCKEY-Aga khan cup, Begam Rasul Trophy (woman's), Maharaja Ranjit Singh Gold Cup, Lady Ratan Tata Trophy(woman's national championship), Dhyanchand

Trophy, Nehru Trophy, Sindhia Gold Cup, Murugappa Gold Cup, Wellington Cup betten cup(national championship).

FOOTBALL- Beghum Hazrat Mahal Cup, BILT Cup, Bordoloi Trophy Colombo Cup, Confederation Cup, Durand Cup, Rovers Cup, B.C. Raj Trophy (National Championship), Santosh Trophy (National Championship), Subroto mukherjee Cup.

CRICKET-Ashes, Asia Cup, Benson and Hedges cup, C.K. Naidu trophy, Deodhar trophy, G.D. Birla trophy, Irani Trophy, Merchant cup, Rani Jhansi trophy, Ranji trophy, Sheesh Mahal Trophy, Vijay Hazare Trophy, Vijay Merchant Trophy, Vizzy Trophy.

BADMINTON-Aggrawal cup, Amrit Diwan Cup, Chaddha cup, Thomas cup, Uber cup, Yonex cup.

BASKETBALL- Basalat Jha Trophy, B.C. Gupta Trophy, Federation Cup, Todd memorial trophy, Nehru cup.

ATHLETICS- Charminar Trophy, Fedration cup.

VOLLEYBALL- Centennial cup, Fedration cup, Indira Predhan trophy, Shivanthi gold cup.

Text books and References:

1. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
2. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
Sharma,Vyas Dev. "introduction to physical and health education", avichal publishing company, new delhi.