MPD-C404SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following......

CO-1. Memorizing the concepts of psychology and sports psychology.

CO-2. Describing the fundamental concepts of goal setting.

CO-3.Identifying the effects of various psychological variables on sports performance.

CO-4. Categorizing different methods of studying of behaviour of sports person.

CO-5. Judging the various social problems and their effect on sports performance.

UNIT I – Introduction

Sports training: Definition – Aim, Characteristics

Principles of Sports Training

Over Load: Definition, Causes of Over Load, Symptoms of Overload

Remedial Measures – Super Compensation.

UNIT II – Components of Physical Fitness

Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training

Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints Endurance: Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training

UNIT III – Flexibility and Coordinative abilities

Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training.

Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.

UNIT IV – Training Plan and Doping

Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long Term Plans

Periodization: Meaning, Single, Double and Multiple Periodization, Preparatory Period, Competition Period and Transition Period.

Definition of Doping – Side effects of drugs – Dietary supplements – IOC list of doping classes and methods. Blood Doping, Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control – Problems with the supply of medicines Subject to IOC regulations: over-the- counter drugs (OTC) – prescription only medicines (POMs) – Controlled drugs (CDs). Reporting test results – Education

Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Caffeine, Ephedrine. Stimulants and sports performance.

References:

Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.

Cart, E. Klafs&Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company

Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book

David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University

Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications

Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO 3								
CO 4 CO 5								
CO 5								

MPD-E461 DISSERTATION

The Course learning outcomes (COs):On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following......

- CO-1. Reciting the various concepts of dissertation.
- **CO-2.** Describing the various terms used in dissertation chapters.
- **CO-3.**Interpreting and able to preparing the blue print of dissertation proposal.
- **CO-4.**Practicing knowledge in writing dissertation report.
- **CO-5.** Analyzing knowledge to justify dissertation conclusions.
- 1. A candidate shall have dissertation for M.P.Ed. IV Semester and must submit his Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
- 2. A candidate selecting dissertation must submit his dissertation not less than one week before the beginning of the IVth Semester Examination.
- 3. The candidate has to face the Viva-Voce conducted by DRC.
- 4. Only Ten meritorious (based on previous results) students can opt dissertation.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO 3								
CO 4 CO 5								
CO 5								