

Course Code	Course Name	Credits
26PE009	Sports Training	04

Course Objectives

- Introduce the concept, principles, and importance of sports training in physical education.
- Explain components of physical fitness and methods for developing strength, speed, endurance, and flexibility.
- Understand training load, overload principles, and their role in performance improvement.
- Apply various training methods such as circuit, interval, fartlek, and resistance training.
- Analyze training planning and periodization for effective sports performance

Learning Outcomes

Upon successful completion of this course it is intended that a student will be able to:

- Understand basic concepts, aims, and principles of sports training.
- Apply training methods to develop different components of physical fitness.
- Analyze the effects of training load and overload on performance.
- Evaluate various training systems for improving athletic abilities.
- Design basic training plans using principles of periodization and planning

Unit 1- Introduction to Sports Training

Sports Training: Definition, Aims, Characteristics, Principles of sports training. Physical Fitness: components of physical fitness - importance of physical fitness Training Load.

Unit 2-.Components Physical Fitness

Strength – method to improve strength, weight training, isometric, isotonic and circuit training, Method to improve Speed –repetition method, downhill run and parachute running, Endurance – method to improve endurance – continuous method, repetition, interval cross country, and fertlak. Flexibility – method to improve flexibility, Coordinative abilities etc

Unit 3-. Load & overload

Principles of load and its components - Determination of Optimum load - Overload its causes and identification - Tackling over Load. Overload – meaning and definition, overload and sports skill learning, tips of applying the overload principle, remedial measures and super compensation

Unit 4- VARIOUS METHOD OF TRAINING

Circuit Training ,Fartlek Training - Internal method - Weight training Resistance training, Plyometric ,Core training - Functional training, Swiss ball training, Medicine Ball Training.

Unit 5-. Training programming and planning.

Periodization and its types of Periodization - Aim and Content of Periods (Preparatory, Competition, Transitional period) - Planning: Meaning and types - Principles of Planning.

Reference Books:

1. Dick, W. F. (1980).Sports training principles. London: Lepus
- 2.Books. Harre, D.(1982).Principles of sports training. Berlin: Speculated.
- 3.Jensen, R. C.& Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn.
- 4.Mathyew, L.P. (1981).Fundamental of sports training. Moscow: Progress Publishers.
- 5.Singh, H. (1984).Sports training, general theory and methods. Patiala: NSNIS.
- 6.Uppal, A.K., (1999).Science of Sports Training. New Delhi: Friends Publication.
7. Jones, B.J.(1982) Guide to Effective Coaching Principles and Practices. Allyn and Bacon, Inc
8. Thomas, J.P (1971) Scientific Weight Training for Games and Sports, Chennai: Gnanodaya Press.