

**SEMESTER VI**  
**BSc-PE-DSC-16(4): FUNDAMENTALS OF SPORTS TRAINING**

Course title& Code	Credits	Credit distributionofthe course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>BSc-PE-DSC-16(4): FUNDAMENTALS OF SPORTS TRAINING</b>	<b>4</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>Class XII pass</b>	<b>Nil</b>

**Learning Objective:** - Students will acquire the knowledge (theoretical and practical) and importance of Test measurement and evaluation in physical education and Sports.

**Learning Outcomes:** After completing the course, the students will be able to:

1. Assess fitness in Sports & exercise.
2. Understand Tests, Measurement, and evaluation and their importance in the field of physical education
3. Construct Tests
4. Understand Physical fitness testing
5. Understand the Anthropometric Measurements
6. Administer Senior Fitness Test

**THEORY SYLLABUS: ( 45 HOURS)**

**UNIT-I INTRODUCTION TO SPORTS TRAINING (10 HOURS)**

- 1.1 Importance, definition, Aim, and objectives of Sports Training
- 1.2 Characteristics and Principles of Sports Training
- 1.3 Training, Load, Adaptation, and Recovery: Concept of Load & Adaptation and Factors Affecting Load & adaptation.

**UNIT-II MOTOR ABILITIES (10 HOURS)**

- **STRENGTH:** Types of strength (maximum strength; explosive strength, Relative Strength and Strength endurance ,etc.) & Determining Factors affecting strength performance and methods of strength training.
- **ENDURANCE:** Definition and significance of endurance, forms of endurance, and Methods to develop endurance.
- **SPEED:** Definition, types of factors determining speed, Methods to develop

speed abilities.

- FLEXIBILITY: Definition ,Factors affecting flexibility; and Methods used to develop flexibility.

### **UNIT- III TECHNICAL PREPARATION, TACTICS AND PERIODIZATION (15 HOURS)**

- Technical preparation: Definition and meaning of technique, skill, and style  
Technique training & its implication in various phases;
- Tactics and its aim, Principal of Tactical Preparation.
- Periodization: Need & types of Periodization
- Competition: Preparation for competition, number & frequency, competition preparation.

### **UNIT-IV SPORTS TALENT IDENTIFICATION & DEVELOPMENT (S.T.I.D). (10 HOURS)**

- Concept and definition of S.T.I.D.
- Aspects and contents of S.T.I.D.
- Modern trends of S.T.I.D.
- Indian and some foreign systems of S.T.I.D.

### **PRACTICAL TESTS**

- To measure the five motor abilities- speed, strength, endurance, flexibility and coordinative abilities.
- Selected test for STID- Any two tests.

### **SUGGESTED READINGS**

1. Baechle TR & Earle R W (2000). Essentials of strength training and conditioning. Human Kinetics.USA.
2. NewtonH (2006) Explosive lifting for sports. Human Kinetics.US.
3. Routhan,T (2018), Principles of Sports Training, Sports Publication, New Delhi.
4. Shaw,D(2021),Sports Training: General Theory and Methods of Sports Training and Exercise, Sports Publication, New Delhi.
5. Uppal,A.K(2018) Scientific Principle of Sports Training, Friends Publications, New Delhi.

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**