



NS NIS PATIALA

SYLLABUS FOR SPORTS COACHING COURSE

DISCIPLINE: ATHLETICS

COURSE CODE: AT - 02



Total Credits: 24	Semester - I	L	Assignment	P/FW	SW	TOTAL CREDIT UNITS
		100	4	300		12
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				
	Semester - II	L	Assignment	P/FW	SW	TOTAL CREDIT UNITS
		100	4	300		12
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				

COURSE OBJECTIVES:

- To impart Knowledge and develop the concept of coaching.
- To Achieve mastery in Teaching and coaching.
- To educate about technical rules about Track and Field.
- To educate students for Specific Track marking.
- To educate coaches for specific training program designing for their Athletes.

LEARNING OUTCOMES:

- It will enable the students to understand the basic concept of coaching and its philosophy to be a successful coach.
- It will enable the students to learn the proper basic teaching of all events.
- It will enable the students to learn the advance technique of all the Athletics events.
- It will enable the students to design micro and macro training plan.

SKILLS DEVELOPED:

- Leadership Skill
- Critical Thinking
- Design Making
- Effective Communication
- Problem Solving
- Inter Personal Relationship
- Coaching Ethics

DETAILED SYLLABUS - SEMESTER I

THEORY I

Total Credit: 4

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1.	Introduction of Track and Field Events Kids Athletics Track Marking(400m) Race Walking 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions) Steeplechase 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions) Middle and Long Distance 1. Introduction 2. Brief History 3. Rules	L	21	Online	

	4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions)				
2	Fundamental of Running				
	Sprint and Start 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions) Hurdles 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions) Relay 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions)	L	21	Online	
3.	Fundamental of Jumps	L	21	Online	

	<p>Long Jump</p> <ol style="list-style-type: none"> 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions) <p>Triple Jump</p> <ol style="list-style-type: none"> 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions) <p>High Jump</p> <ol style="list-style-type: none"> 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions) <p>Pole Vault</p> <ol style="list-style-type: none"> 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 				
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	6. Fault-Reason-Correction (Axis, Planes, Coaching Positions)				
4.	Fundamental of Throwing Shot Put 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions) Discus Throw 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions) Javelin Throw 1. Introduction 2. Brief History 3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions) Hammer Throw 1. Introduction 2. Brief History	L	21	Online	

	3. Rules 4. Statistical Information 5. Technique 6. Fault-Reason-Correction (Axis, Planes, Coaching Positions)				
5	Special Lecture and Revision	L	16	Online	

PRACTICAL I

Total Credit:8

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1.	General Warm-up (Sprints, Jumps, Throws, Hurdles and Middle Long Distance)		4		
2	Kids Athletics		2		
3	Introduction of Equipment Specification		4		
4	Track Marking(400m)		10		
5	Specific Speed Drills		4		
	1. Sprint and Hurdles 2. Jumps 3. Throws 4. Middle and long distance				
6	Specific Gymnastic, Flexibility and coordination Drills for		16		
	1. Sprint and Hurdles 2. Jumps				

	3. Throws 4. Middle and Long Distance				
7	Specific Coordination Drills for:				
	1. Sprint and Hurdles 2. Jumps 3. Throws 4. Middle and Long Distance		12		
8	Specific Coordination Drills for				
	1. Sprint and Hurdles 2. Jumps 3. Throws 4. Middle and Long Distance		4		
9	Specific endurance Drills for		8		
	1. Sprint and Hurdles 2. Jumps 3. Throws 4. Middle and Long Distance				
10	Recreation (Basketball, Volley ball etc.)		20		
11	Track Maintenance		16		
12	Sprints - Teaching Progression (Teacher - 4hr, Self-Practice - 4hr and Assessment - 4hr)	P	12		
13	Crouch Start - Teaching Progression (Teacher - 4hr, Self-Practice - 4hr and Assessment - 4hr)		12		
14	Relays - Teaching Progression		6		

	(Teacher - 2hr, Self-Practice - 2hr and Assessment - 2hr)				
15	Sprint Hurdles - Teaching Progression (Teacher - 4hr, Self-Practice - 4hr and Assessment - 4hr)		12		
16	Steeplechase - Teaching Progression (Teacher - 2hr, Self-Practice - 4hr and Assessment - 4hr)		10		
17	Race Walk - Teaching Progression (Teacher - 4hr, Self-Practice - 4hr and Assessment - 4hr)		12		
18	Middle Long Distance - Teaching Progression (Teacher - 2hr, Self-Practice - 2hr and Assessment - 2hr)		6		
19	Long Jump - Teaching Progression (Teacher - 4hr, Self-Practice - 4hr and Assessment - 4hr)		12		
20	Triple Jump - Teaching Progression (Teacher - 4hr, Self-Practice - 4hr and Assessment - 4hr)		12		
21	High Jump - Teaching Progression (Teacher - 4hr, Self-Practice - 4hr and Assessment - 4hr)		12		
22	Pole Vault - Teaching Progression (Teacher - 4hr, Self-Practice - 4hr and Assessment - 4hr)		12		

23	Short Put - Teaching Progression - 2 Techniques (Teacher - 6hr, Self-Practice - 6hr and Assessment - 4hr)		16		
24	Discus Through - Teaching Progression (Teacher - 4hr, Self-Practice - 4hr and Assessment - 4hr)		12		
25	Javelin Through - Teaching Progression (Teacher - 4hr, Self-Practice - 4hr and Assessment - 4hr)		12		
26	Hammer Through - Teaching Progression (Teacher - 4hr, Self-Practice - 4hr and Assessment - 4hr)		12		
27	Revision		30		

DETAILED SYLLABUS - SEMESTER II

THEORY II

Total Credit: 4

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1.	Athlete Development Demand Profile of the Events and Performance Limiting Factors 1. Sprint 2. Hurdles 3. Steeple Chase 4. Race Walk 5. Middle and Long Distance Track Marking (200m, 300m)	L	25	Online	

2	Combined Events Competition Kit and Diet Demand Profile of the Events and Performance Limiting Factors	L	27	Online	
	1. Long Jump 2. Triple Jump 3. High Jump 4. Pole Vault				
3	Demand Profile of the Events and Performance Limiting Factors	L	20	Online	
	1. Shot Put 2. Discus Throw 3. Javelin Throw 4. Hammer Throw 5, Combined Events				
4	Athletic Specific Periodization Models (Planning/Micro/Miso/Macro/Session unit)	L	28	Online	
	Designing Annual Training Plan 1. Sprints and Hurdles 2. Race Walk, Middle and Long Distance 3. Jumps 4. Throws Revision				

PRACTICAL II

Total Credit: 8

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours	Online/ Class	Faculty
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			(period)	room	
1	Specific Warm-up	P	4		
2	Track Marking (200m, 300m)		8		
3	Events specific exercises		30		
4	Track and Field Maintenance		20		
5	Preparation for Inter moral		18		
6	Recreation		20		
7	Teaching and Coaching Practice		60		
8	Test and Performance Evaluation (Training Diaries/Protocols)		16		
9	Teaching and Coaching Lesson plan		20		
10	Core Strength and Injury Prevention (general and specific aspect)		30		
11	Specialized Training in group of Events		60		
12	Guest Lecture		14		

Training Books, Journals, Online Resources Prescribed for Trainees

Coaching Track & Field Successfully - by Mark Guthrie, Human Kinetics Publication

Run! Jump! Throw! – by Harald Muller and Wolfgang Ritzdorf, IAAF (World Athletics)

IAAF (World Athletics Competition Rules Book) by IAAF (World Athletics)

Biomechanics of Sports and Exercise by Peter M. McGinnis

E-books: *Track Coach* {Tafnews Press} and *New Studies in Athletics*

ASSESSMENT

	Semester 1	Semester 2	Internal/External %
	Monthly Assessment using Online Testing Tools with Multiple Choice & Descriptive questions of covered topics during the month Total – 4 Assessments	Monthly Assessment using Online Testing Tools with Multiple Choice & Descriptive questions of covered topics during the month Total – 4 Assessments	30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the score Test data will be recorded for reference
Theory Monthly Assessments			

<p>Monthly Practical/Lab/Field</p>	<p>Monthly Assessment Practical demonstration & Execution of Learnt techniques Training program</p> <p>Total – 15 Assessments</p> <p>(Post Every Event)</p>	<p>Monthly Assessment Practical demonstration & Execution of learnt techniques and Training program</p> <p>Total – 10 Assessments</p>	<p>30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the score</p> <p>Test data will be recorded for reference</p>
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