



SAI NS NIS PATIALA

SYLLABUS FOR DIPLOMA IN SPORTS COACHING

DISCIPLINE: GYMNASTICS
COURSE CODE: GY - 10



Total Credits: 24	Semester -I	L	Assignment	P/FW	SW	TOTAL CREDIT UNITS
		10	5	300		12
		0				
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				
	Semester -II	L	Assignment	P/FW	SW	TOTAL CREDIT UNITS
		10	3	300		12
		0				
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				

COURSE OBJECTIVES

- To provide curriculum based on modern terminology, modern coaching methods and training principles.
- To impart technical knowledge of teaching skills in Gymnastics.
- To deliver the course for modern Gymnastics and especially considering the fundamental terms language, principles and skills

LEARNING OUTCOME

- It will enable the Trainees to understand the basic concept of coaching and its philosophy to be a successful coach.
- It will enable the Trainees to learn the proper basic and advance techniques and mechanism of each element.
- This will enable them to learn how to teach the various elements of Artistic, Rhythmic and Trampoline Gymnastics
- It will enhance the Trainees skills to design training programs, develop motor qualities, techniques and tactics
- Learn the Gymnastics terminologies used world wide
- How to use the Scientific back up in Sports

SKILLS DEVELOPED:

- How to support during element teaching
- Leadership skill
- Critical thinking
- Decision making
- Effective communication
- Problem solving
- Interpersonal relationship and Team work

DETAILED SYLLABUS - SEMESTER I

THEORY I

Total Credit: 4

UnitNo.	Description/Topics	Teaching Method	Numbers of Hours	Class Room /Online	Faculty
1.	History, Development and Organization, Origin and development of Gymnastics	L/A	04		
	a. Introduction of Gymnastics b. Origin and development of Gymnastics in India and World in brief (Self-learning instructional materials on the web link of the institutions, submission of small assignment in form of Small Questions / objective Type Questions E- Workbook Assessment				

2.	<p>Structure and Function of:</p> <ul style="list-style-type: none"> i. IOC ii. FIG iii. IOA iv. GFI v. AGU (Self-learning instructional materials on the web link of the institutions, submission of small assignment in form of Small Questions / objective type Questions) <p>E- Workbook Assessment</p>	L/A	04		
3.	<p>Organization and Management of Gymnastics Competition</p> <ul style="list-style-type: none"> a. Technical Regalement (Latest edition) b. Qualifying criteria for Olympics and other National and International Championships. (Self-learning instructional materials on the web link of the institutions, submission of small assignment in form of Small Questions / objective type Questions) <p>E- Workbook Assessment</p>	L/A	12		

4.	Technical Specifications of Gymnastics Apparatus & Allied equipment a. Men Artistic apparatuses b. Women Artistic Apparatuses c. Rhythmic Apparatuses d. Trampoline Apparatuses e. Allied equipment. (Self-learning instructional materials on the web link of the institutions, submission of small assignment in form of Small Questions / objective type Questions E- Workbook Assessment	L/A	06		
5.	Introduction of Code of Points- Men Artistic Gymnastics a. Developments of code of points b. Qualification, right and duties of President and member of MTC, Chair of the Jury, Superior Jury, Supervisor, references Judges, Judges of D and E Jury, Secretaries & scorers. c. Generalities of evaluation of exercises d. Evaluation of Exercises on all events and difficulty tables.	L/A	10		

	i) Floor Exercises ii) Pommel Horse iii) Rings iv) Vault Table v) Parallel Bars vi) Horizontal Bar (Self-learning instructional materials on the web link of the institutions, submission of small assignment in form of Small Questions / objective type Questions) E- Workbook Assessment				
6.	Introduction of Code of Points - Rhythmic, Acrobatics and introduction of Gymnastics for All i. Generalities ii. Basic rules and regulations Evaluation criteria	L	06		
7.	Planning and Periodization of Training in Gymnastics a. Long-term plan-aims and contents of training methods and means of training b. Annual Plan c. Periodization of training for different events: <ul style="list-style-type: none"> • Single Periodization • Double Periodization 	L	08	CR/OL	

	<ul style="list-style-type: none"> Multi Periodization <p>d. Aims and contents of training in various period, methods and means of training of various elements in different period.</p> <p>e. Schedule of training</p> <ul style="list-style-type: none"> Weekly schedule Daily schedule Session Plan Lesson Plan <p>f. Planning for competition (Competition schedule, order of event of each Gymnast, sequence of Gymnast.</p>				
8.	<p>Computer Application Competition Management (Software)</p> <p>Training Management System</p> <p>*Every Students must assess Computer lab facilities or else they must have their own computer for improve Professional efficacy*</p>	L/A	-	CR	
	<p>(Self-learning instructional materials on the web link of the institutions, submission of small assignment in form of Small Questions / objective type Questions)</p> <p>E- Workbook Assessment</p>				

09.	Competitive and Non-Competitive Gymnastics	L/A	07	CR/OL	
	i. Definition of Gymnastics ii. Kinds of Gymnastics iii. Importance of Gymnastics				
10.	General Development Exercises and Warm up and Warm down	L	06	CR/OL	
	i. Definition ii. Importance at various stages Means and Methods i. Principles of WU & WD ii. Methods WU & WD iii. Importance WU & WD iv. General, Specific and Competitive warm up(WU) Warm down(WD)				
11.	Gymnastics Terminology	L	04	CR/OL	
	i. Definition and Principle of Terminology ii. Methods of giving name to various Gymnastics terms. iii. Type of grips iv. Name and definition of some basic position and movement				
12.	Philosophy of Coaching and Training	L	10	CR/OL	
	i. Philosophy of Coaching				

	ii. Process of Teaching Gymnastics movements . iii. Principles of Teaching Gymnastics movements. iv. Principles of Training Gymnastics movements. ii. E-Teaching & Learning (EducationalTechnology)				
13.	Techniques and Methodic of some basic & fundamental elements	L/A	08	CR/OL	
	i. Floor Exercise (Men and Women) ii. Pommel Horse iii. Rings iv. Vault Table (Menand Women) v. Parallel Bars vi. Horizontal Bar vii. Uneven Bars viii. Balancing Beam ix. Rhythmic X. Acrobatics				
14.	Movement Patterns for all Gymnastics disciplines and their Mechanical principles	L/A	05	CR/OL	
	I. Stationary II. Jumps (Springs) III. Locomotion IV. Rotation V. Swings VI. Landing				

15.	Growth and Development in Gymnastics	L	08	CR/OL	
	i. Definition of Growth& Development ii. Age related training programme (from toddler to elite) iii. Its implication in Gymnastics				

PRACTICAL I

Total Credit: 10

TOTAL : 300 Marks

UnitNo.	Description/Topics	Teaching Method	Numbers of Hours	Class Room /Online	Faculty
1	Structural and Orderly exercises:	P/FW	20	Training Hall	
	i. Class Organization & Management ii. Marching in different formations iii. Movement & Music (Basic Choreography)				
2	Warm up exercises:	P/FW	20	Training Hall	
	i. General (free hand exercises) ii. Specific & Competitive exercises iii. Exercise with Allied equipment				
3	General development exercises:	P	25	Training Hall	
	i. Through free hand exercises ii. Through apparatus i.e. Medicine ball, SwissBall, Elastic Band, Skipping rope, Wall bars, Gymnastics bench, Free Weight, Dumbles, Multi gym and ClimbingRope etc. iii. Through obstacle Gymnastics and recreational (Fun)games.				

4	Body form (Shaping) exercises	P/FW	20	Training Hall	
5	Specific Conditioning for development of Flexibility, Conditional and Coordinative abilities with and without apparatus	P/FW	20	Training Hall	
6	Basics of Rhythmic, Acrobatic Gymnastics and Gymnastics for All	P/FW	30	Training Hall	
7	Recreational (Fun) Games	P	20	Training Hall	
8	Teaching & Training of various basic & Fundamental elements and compulsory routine on the following apparatus:	P/FW	120	Training Hall	
	<ul style="list-style-type: none"> a. Floor (Male and Female) b. Pommel c. Rings d. Vault (Male and Female) e. Parallel Bars f. Horizontal g. Uneven Bars h. Balancing Beam 				

9.	Pedagogic practice- Teaching, Training and Coaching of basic elements and Officiating. Introduction to Sports Analytics and Technology Introduction of Popular Computer Software like, Visual Coaching Pro, HUDL, Sports Analytics and many more	P/A	25	Training Hall	
10.	Sports Specific , Strength and conditioning	P/A	15	Training Hall	
11.	Sports Specific , Pshychological Prepration of Gymnast	P/A	10	Training Hall / OL- TC	

DETAILED SYLLABUS - SEMESTER II

THEORY II

Total Credit: 4

Total: 100 Marks

UnitNo.	Description/Topics	Teaching Method	Numbers of Hours	Class Room /Online	Faculty
1.	<p>Introduction of Code of Points-Woman Artistic Gymnastics:</p> <p>1.Developments in Women's code of points.</p> <p>2.Qualification, right and duties of (Chairperson WTC, Expert I, Expert II ,Different Juries, Judges of D Jury, Technical Assistant Judges of JuryE, Line & time Judges, Secretaries and Scorers.</p> <p>3.Generalities of evaluation of an exercise</p> <p>4. Evaluation of Exercises on all eventsand difficulty tables.</p> <ul style="list-style-type: none"> • Vault Table • Uneven Bars • Balance Beam • Floor Exercises <p>(Self-learning instructional materials onthe web link of the institutions, submission of small assignment in form of Small Questions/ objective type Questions)</p> <p>E- Workbook Assessment</p>	L/A	10	CR/OL	Faculty

2.	Introduction of Code of Points of Trampoline, Aerobics & Parkour Gymnastics	L	08	CR/OL	
	<ul style="list-style-type: none"> i. Generalities ii. Basic rules and regulation iii. Evaluation Criteria 				
3.	Talent Identification and Development	L	06	CR/OL	
	<ul style="list-style-type: none"> i. Definition and importance of Talent Identification ii. Criteria, Principles and Procedure for Talent Identification in Gymnastics iii. Development of Talent on long term basis (BTS ATS HPTS) iv. Monitoring and registration of progress v. Selection of elite gymnast for high performance Training 				
4.	Safety measures in Gymnastics	L	05	CR/OL	
	<ul style="list-style-type: none"> I. Spotting – its various methods II. Security means and methods III. Self -Security- methods IV. Various reasons of injuries in Gymnastic and their Preventive measures. 				

5.	<p>Pre-requisites of good Coach, Gymnast and their Legal responsibility</p> <p>A) Pre- requisites to be good Gymnastics coach:</p> <p>i. Qualities and abilities of a gymnastics coach (Physical, psychological, technical, tactical, pedagogical, social & theoretical)</p> <p>ii. Personality characteristics of a Gymnastics coach</p> <p>B) Pre-requisite to be a good Gymnast:</p> <p>i. Kin anthropometrical demands (Physique & body Composition) of Men and Women.</p> <p>ii. Conditional and coordinative abilities.</p> <p>iii. Psycho-social abilities required to be a successful gymnast.</p> <p>iv. Personality attributes of successful Gymnast.</p> <p>(Self-learning instructional materials on the web link of the institutions, submission of small assignment in form of Small Questions / objective type Questions)</p> <p>E- Workbook Assessment</p>	L/A	06	CR/OL	
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6.	Gymnasium and other facilities	L/A	06	CR/OL	
	i. Gymnasium -its sizes, ii. Facilities required, iii. Lighting, flooring system etc. iv. Landing Pit (Self-learning instructional materials on the web link of the institutions, submission of small assignment in form of Small Questions / objective type Questions) E- Workbook Assessment				
7.	Psychological preparation of gymnast	L	06	CR/OL	
	i. Principles and methods of developments of Mental pre- requisites for training. ii. Mental preparation Achievement motivation Goal Setting				
8.	Special features of training of women gymnasts	L	04	CR	
9.	Classification of Gymnastics exercises (Structural group of exercises):	L/A	10	CR	
	i. Importance of Structural group exercise				

	ii. Structural group of Swing exercises- their basic technique & Information. iii. Structural group of Strength exercises-their basic technique and Information. iv. Jumps (Classification, various phases of a vault and their basic Technique).				
10.	Biomechanical Principle in gymnastics i. Definition of Sports Biomechanics ii. Define Fundamental Law & Terms Used iii. Classification of Biomechanical Principles iv. Its implication in Gymnastics movements. Introduction of HUDL, Sports Analytics Software	L/A	06	CR	
11.	Biomechanics for Gymnastics i. Concept of rotation Mechanics of 1. swing, 2. handstand turns 3. flight elements 4. dismount	L	06	CR	
12.	Anatomical and Physiological aspect of Gymnastics movements ii. Breathing during exercises on apparatus iii. Functions of Head, Arms, Trunk and Legs during exercises on Apparatus	L/A	06	CR	

13.	Technique and methodic of advance elements on various Apparatuses	L/A	08	CR	
	i. Floor Exercise (Men and Women) ii. Pommel Horse iii. Rings iv. Vault Table (Men and Women) v. Parallel Bars vi. Horizontal Bar vii. Uneven Bars viii. Balancing Beam ix. Trampoline(Basic) x. Aerobics (Basic)				
14.	Construction of exercises for Gymnastics.	L/A	04	CR	
	i. Registration of performance ii. Video analysis of skill Introduction of Popular Computer Software like, Visual Coaching Pro				
15.	Basic concept for Refining Gymnastics Movements	L	06	CR	
	i. Amplitude ii. Segmentation iii. Closure iv. Peaking Diversification				
16.	Sports managements				
	<ul style="list-style-type: none"> Sports Management System Sports Venue 				

	Management E books / brochures / e marketing / Media & community relations, public relation, Advertisement event promotion				
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PRACTICAL - II

Total Credit: 10

TOTAL : 300 Marks

UnitNo.	Description/Topics	Teaching Method	Numbers of Hours	Class Room /Online	Faculty
1.	General and specific warm up	P/FW	20	Training Hall	
2.	Choreography, Ballet, Zumba, balance, and music for Gymnastics movements	P	20	Training Hall	
3.	Trampoline, Aerobic and Parkour Gymnastics	P	20	Training Hall	
	a) Basic exercises b) Combination of Different Movements				
4.	Physical preparation of gymnast	P/FW	20	Training Hall	
	Wrist and ankle preparation through various practical exercises, - Knee and Shoulder preparation through various practical exercises Landing perfection exercises				
5.	Importance of Basic exercise for advance skill	P/FW	20	Training Hall	
	A- Important of swing and its perfection exercise B- Importance of handstand it's perfection exercise C- importance of press handstand it's perfection exercise				

	D- importance of Balance and its perfection exercise E- importance of Dynamic flexibility in advance skill and its development exercise				
6.	General and Specific Conditioning for the development of Motor Abilities	P/FW	20	Training Hall	
7.	Teaching and training of advance elements on all the apparatuses.	P/FW	110	Training Hall	
	a) Floor (Men and Women) b) Pommel c) Rings d) Vault (Men and Women) e) Parallel f) Horizontal Bar g) Uneven Bars h) Beam i) Landing techniques on all apparatus				
8.	Teaching compulsory exercises on all the apparatuses	P/FW	30	Training Hall	
9.	Recreational (Fun) Games	P	30	Training Hall	
10.	Pedagogic and Officiating practice	P/A	20	Training Hall	
11.	Sports Specific – Strength and conditioning	P/A	15	Training Hall	

Training Books, Journals, Online Resources Prescribed for Trainees

1. Alexander K. Krassilchtechikne (1985). Long term training of young sportsperson, Hyderabad.
2. Cooper Phyllis, Milan Thinka, Teaching Gymnastics skill to men and women
3. Fukushima and Wrio Russell (1980). Men's Gymnastics, Faber & Faber, London.
4. FIG Latest MAG Code of Points, Switzerland
5. FIG Latest, WAG Code of Points, Switzerland
6. FIG Latest, Rhythmic Code of Points, Switzerland
7. FIG Latest, Trampoline Code of Points, Switzerland
8. FIG Latest, Acrobatics Code of Points, Switzerland
9. FIG Latest, Aerobics Code of Points, Switzerland
10. FIG Latest, Apparatus Norms, Switzerland
11. FIG Latest Management Planning, FIG Academy, December Edition, Switzerland
12. FIG latest, Technical Regulation, Switzerland
13. Bawa, G.S. (1999) Fundamental of Men's friends Gymnastics Friends Publication.
14. Bawa, G.S. (1999) Training manual Gymnastics, N.I.S. Publication
15. Gerald S. George (1980). Biomechanics of women Gymnastics, Apprentice Hall.
16. Kooner, H.S. General Theory and Methods of training. PUBLISHER
17. Hockmuth (1984) Biomechanics of Athlete movements, Sportsverleg, Berlin
18. James G. Hay. Biomechanics of Sports Technique. PUBLISHER.
19. Debnath, Kalpana (1991). Women & Sports performance, Friends Publication.
20. Lioved Recdheed Latest Men's Gymnastics Coaching Manual Springfield Limited.
21. Rai.Ramesh, Biomechanics-Mechanical Aspect of Human Motion. grim Publication. Mohali, Punjab.

22. Salmela J.H. PetiotB, Hosizaki T. Blam(1987),Psychological nurturing and guidance of gymnastics talent, Canada Sports Psyche. PUBLISHER

23. Singh, S.P. and Malhotra, P.Kinanthi, Lungar Publication, Patiala.

24. ARKAEV/ SUCHILIN; Meyer & Meyer Sports (UK) (2004) How to Create Champions.

25. Add online resources for trainees.

ASSESSMENT			
Theory Monthly Assessments	Semester 1	Semester 2	Internal/External %
	Monthly Assessment using Online Testing	Monthly Assessment using Online Testing	30 % marks of internal assessment will be done
	Tools with Multiple Choice & Descriptive questions of covered topics during the month Total – 5 Assessments	Tools with Multiple Choice & Descriptive questions of covered topics during the month Total – 3 Assessments	on the basis of the marks scored in monthly assessment by adding all the score Test data will be recorded for reference
Monthly Practical/Lab/ Field	Monthly Assessment Practical demonstration & Execution of learnt techniques Total – 5 Assessments	Monthly Assessment Practical demonstration & Execution of learnt techniques Total – 3 Assessments	30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the scores. Test data will be recorded for reference
Monthly Quiz/ Assignments	1 Assignment per month Total – 5 Assignments	1 Assignment per month Total – 3 Assignments	30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the scores. Test data will be recorded for reference
Theory Exam	At the end of semester – I	At the end of semester – II	70 % of total score in Theory
Practical Exam	At the end of semester – I	At the end of semester – II	70 % of total Score in Practical

