



**NS NIS PATIALA**

**SYLLABUS FOR DIPLOMA IN SPORTS COACHING**

**DISCIPLINE: WRESTLING**

**COURSE CODE: WR - 22**



<b>Total Credits: 24</b>	<b>Semester - I</b>	<b>L</b>	<b>Assignment</b>	<b>P/FW</b>	<b>SW</b>	<b>TOTAL CREDIT UNITS</b>
		80	20	300	30	12
		<b>(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)</b>				
	<b>Semester - II</b>	<b>L</b>	<b>Assignment</b>	<b>P/FW</b>	<b>SW</b>	<b>TOTAL CREDIT UNITS</b>
		80	20	300	30	12
		<b>(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)</b>				

### **COURSE OBJECTIVES:**

- Content increment in cognitive domain: sports theory and knowledge of scientific principles and application thereof in wrestling sport
- Content increment in psychomotor domain: more of sports skills/techniques, different wrestling movements and perceptual skills
- Content increment in affective domain: exposure to more of positive coaching, emotions, composure, interactions, receiving & responding skills
- Enhancement of professional skills: demonstration, confidence, command, explanation and soft communication skills
- Development of life skills: critical thinking, emotional intelligence, respect for rules, global contexts, and universal and democratic values.

**LEARNING OUTCOMES:**

- Creative: able to make new plans and training schedule; be able to make inventions of new skill, be able to consume research.
- Internalisation of value systems: transformation and characterization of ideal philosophy of coaching
- Understanding of reflex mechanism and able to give coaching and training to students

**SKILLS DEVELOPED:**

- Creativity
- Composer
- Communication
- Emotional quotient
- Intellectual curiosity
- Critical thinking
- Self-awareness

## 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.	<b>Chronicles of different organizations of the wrestling</b>	L & T	4	Online/Classroom	Inhouse
	a) UWW and its Constitution b) AAWC and its Organizational chart c) WFI and its Organizational chart				
	<b>Rules of Olympic style Wrestling</b>				
	a) International rules of wrestling and interpretation thereof b) Vocabulary of wrestling	L & T	20		
	<b>Regulations for international refereeing body</b>				
	a) Conditions b) Rights and Duties c) Categories	L & T	6		
	<b>Organization and qualification system of different wrestling competitions</b>				
	a) Organization and qualification system for Olympic	L & T	4		

	b) Organization and qualification system for world cup				
2	<b>Different profiles of an Elite Wrestler</b>				
	a) Genetic profile b) Anthropometrical/ bodily profile c) Bio-motor profile d) Techno-tactical profile e) Cognitive profile f) Affective/Emotional profile	L & T	6		
	<b>Wrestling facility</b>				
	a) Prerequisites/ check list b) Main and ancillary facilities	L & T	4		
	<b>Teaching/Training Aids in wrestling</b>				
	a) Meaning and importance b) Purpose and dimension / structure	L & T	4		
3	<b>Warm-up and warm-down in Wrestling</b>				
	meaning, types, importance, structure, mechanism and principles	L & T	4		
	<b>Technique/skill in wrestling</b>	L & T	4		
	a) Meaning and importance b) Classification/types of wrestling techniques c) Stages of technique/skill perfection				

	d) Reasons of faulty techniques e) Eradication of learned faults in techniques				
	<b>Bio-motor abilities – development of wrestling capacity</b>	<b>L &amp; T</b>	<b>10</b>		
	a) Meaning, types and importance b) Bio-motor abilities I. Strength: meaning, types, importance and methods II. Endurance: meaning, types, importance and methods III. Speed: meaning, types, importance and methods IV. Flexibility: meaning, types, importance and methods V. Co-ordination: meaning, types, importance and methods				
<b>4</b>	<b>Pedagogy of Wrestling</b>	<b>L &amp; T</b>	<b>6</b>		
	<b>a) Lesson Plan</b> I. Meaning, Types and Importance II. Structure <b>b) Different Teaching/ Training Methods</b>				
	<b>Analysis of the wrestling-sport</b>				
	<b>Meaning and importance of analysis</b> • Key factor analysis: wrestling technique,	<b>L &amp; T</b>	<b>8</b>		

	wrestler and the wrestling competition • Balance: meaning, types and importance in wrestling • Force: meaning, types and importance in wrestling				
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## PRACTICAL I

**Total Credit:8**

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1	<b>Warm-up and warm-down</b>	<b>Practical: demonstration &amp; Explanation</b>	8	Online/field	Inhouse
	a) Structure b) Procedure				
	<b>Stance – Greco &amp; Free Styles</b>		12		
	a) Structure b) Procedure				
	<b>Bio-motor abilities – conditioning orientation</b>				
	a) Strength, endurance, speed b) Flexibility and coordination		22		
	<b>Mat/special conditioning orientation</b>				
	a) Sparring b) Hold training		24		

	c) Technique training d) Tactical training				
2	<b>Greco Roman techniques – standing positions</b>	<b>Practical: demonstration &amp; Explanation</b>	<b>12</b>	<b>Online/field</b>	<b>Inhouse</b>
	<ul style="list-style-type: none"> <li><b>From under hook tie-up</b></li> </ul> a) Duck-under & its variants b) Bear-hugs and its variants c) Any other variants				
	<b>Greco Roman techniques – standing position</b>	<b>Practical: demonstration &amp; Explanation</b>	<b>12</b>	<b>Online/field</b>	<b>Inhouse</b>
	<ul style="list-style-type: none"> <li><b>From 2 on 1 tie-up</b></li> </ul> a) Arm-drag & its Variants b) Arm-throw & its variants c) Twist/hip-toss d) Spirals e) Any other variants				
	<b>Greco Roman techniques – standing position</b>	<b>Practical: demonstration &amp; Explanation</b>	<b>14</b>	<b>Online/field</b>	<b>Inhouse</b>
	<ul style="list-style-type: none"> <li><b>From under-over hook tie-up</b></li> </ul> a) Spiral/twisting b) Suplex throw c) Seat-belt throw d) Any other variants				

3	<b>Greco Roman techniques – standing position</b>	<b>Practical: demonstration &amp; Explanation</b>	10	Online/field	Inhouse
	<ul style="list-style-type: none"> <li><b>From front head-lock tie-up</b></li> </ul> a) Suplex -- throw b) Side rolls c) Roll on back d) Any other variants				
	<b>Greco Roman techniques – standing position</b>				
	<ul style="list-style-type: none"> <li><b>From over-hook tie-up</b></li> </ul> a) Arm-spin b) Arm throw c) Suplex -- throw d) Hip-toss – throw				
	<b>Greco Roman techniques – standing position</b>	<b>Practical: demonstration &amp; Explanation</b>	10	Online/field	Inhouse
	<ul style="list-style-type: none"> <li><b>From body-lock</b></li> </ul> a) Bear-hug and its variants b) Hip-toss c) Any other variants				
4	<b>Greco Roman techniques – ground position</b>	<b>Practical: demonstration &amp; Explanation</b>	10	Online/field	Inhouse
	<ul style="list-style-type: none"> <li><b>From body-lock at top position</b></li> </ul> a) Chest rolls and tilts b) Gut-wrench and its variants c) Body lock lift d) Reverse body lock lifts				

	<b>Freestyle/women techniques – standing position</b>	<b>Practical: demonstration &amp; Explanation</b>	<b>12</b>	<b>Online/field</b>	<b>Inhouse</b>
	<ul style="list-style-type: none"> <li>• <b>From double inside – without knee drop</b></li> </ul> a) Single-high-leg and its variants b) Double-high-legs: angled and lifts and variants thereof c) Twists/hip toss d) Duck-under lifts and variants e) Arm drags & its variants				
	<b>Freestyle/women techniques – standing position</b>				
<b>5</b>	<ul style="list-style-type: none"> <li>• <b>From double inside – with knee drop</b></li> </ul> a) Single & double leg and their variants b) Fireman's carry & variants c) High crotch & variants	<b>Practical: demonstration &amp; Explanation</b>	<b>12</b>	<b>Online/field</b>	<b>Inhouse</b>
	<b>Freestyle/women techniques – standing position</b>				
	<ul style="list-style-type: none"> <li>• <b>From elbow control</b></li> </ul> a) Duck under and its variants b) Ankle pick c) Other variants				
	<b>Freestyle/women techniques – standing position</b>	<b>Practical: demonstration</b>	<b>12</b>	<b>Online/field</b>	<b>Inhouse</b>

	<ul style="list-style-type: none"> <li>• <b>From non-contact opposition</b></li> <li>a) Knee-spin and its variants</li> <li>b) Ankle dives</li> <li>c) Ankle lifts and its variants</li> <li>d) Blasts and its variants</li> <li>e) Snaps and its variants</li> </ul>	& Explanation			
	<b>Freestyle/women techniques – standing position</b>	<b>Practical: demonstration &amp; Explanation</b>	12	Online/field	Inhouse
	<ul style="list-style-type: none"> <li>• <b>From over-under hook</b></li> <li>a) Leg hits and its variants</li> <li>b) Reaps and its variants</li> <li>c) Grape wine and its variants</li> </ul>				
6	<b>Freestyle/women techniques – standing position</b>	<b>Practical: demonstration &amp; Explanation</b>	12	Online/field	Inhouse
	<ul style="list-style-type: none"> <li>• <b>From body lock position at the back</b></li> <li>a) Press-down through thigh</li> <li>b) Trip</li> <li>c) Hammer spin</li> <li>d) Knees block</li> <li>e) Reap</li> </ul>				
	<b>Freestyle/women techniques – standing position</b>	<b>Practical: demonstration &amp; Explanation</b>	12	Online/field	Inhouse
	<ul style="list-style-type: none"> <li>• <b>From single under hook</b></li> <li>a) Cross-knee</li> <li>b) Cross-ankle</li> </ul>				

	<b>Freestyle/women techniques – standing position</b> <b>• From head-lock</b> a) Neck throw b) Cross-ankle	Practical: demonstration & Explanation	12	Online/field	Inhouse
7	<b>Freestyle/women techniques – ground position</b> <b>• From body-lock at top</b> a) Chest-roll and tilt b) Gut-wrench and its variants c) Arm-trap and roll d) Under-arm-trap and roll e) Nelson and its variants f) Arm-bar and its variants	Practical: demonstration & Explanation	12	Online/field	Inhouse
	<b>Freestyle/women techniques – ground position</b> <b>• From top</b> a) Leg ride and its variants b) Crotch-throw and its variants c) Crock-roll/ankle-lace d) Cradle and its variants	Practical: demonstration & Explanation	14	Online/field	Inhouse
8	<b>Greco Roman techniques – standing and ground positions</b> <b>• Miscellaneous from all set-ups</b>	Practical: demonstration & Explanation	12	Online/field	Inhouse

	<b>Freestyle/women techniques – standing ground position</b> • Miscellaneous from all set-ups	<b>Practical: demonstration &amp; Explanation</b>	<b>12</b>	<b>Online/field</b>	<b>Inhouse</b>
	<b>Orientation of teaching and training methods</b>	<b>Practical: demonstration &amp; Explanation</b>	<b>10</b>	<b>Online/field</b>	<b>Inhouse</b>
	• Lesson plan • Group discussion • Learning by teaching • Circuit training				

## DETAILED SYLLABUS - SEMESTER II

### THEORY II

**Total Credit: 4**

<b>Unit No.</b>	<b>Description/Topics Covered</b>	<b>Teaching Method</b>	<b>No. of Hours (period)</b>	<b>Online/Class room</b>	<b>Faculty</b>
<b>1.</b>	<b>Tactics in Wrestling</b>	<b>L &amp; T</b>	<b>8</b>	<b>Online/Classroom</b>	<b>Inhouse</b>
	Meaning and Importance of tactics Tactical Actions: meaning i. Tactical Actions for Offensive Wrestling ii. Tactical Actions for Defensive Wrestling iii. Tactical Applications of Wrestling Rules				
	<b>Strategy in Wrestling</b>	<b>L &amp; T</b>	<b>8</b>	<b>Online/</b>	<b>Inhouse</b>

	<ul style="list-style-type: none"> <li>• Meaning and Importance</li> <li>• Pre-requisites: principle of SWOT</li> <li>• Different types of strategy</li> </ul>			<b>Classroom</b>	
	<b>Test, Measurement and Evaluation in wrestling</b>	<b>L &amp; T</b>	<b>8</b>	<b>Online/ Classroom</b>	<b>Inhouse</b>
	<ul style="list-style-type: none"> <li>• Meaning and Importance</li> <li>• Different Tests used in Wrestling</li> </ul>				
<b>2</b>	<b>Talent selection in wrestling</b>	<b>L &amp; T</b>	<b>8</b>	<b>Online/ Classroom</b>	<b>Inhouse</b>
	<ul style="list-style-type: none"> <li>• Meaning and Importance</li> <li>• Different Stages</li> <li>• Different Tests of test selection in wrestling</li> </ul>				
	<b>Long Term Athlete Development (LTAD) Plan of wrestling</b>	<b>L &amp; T</b>	<b>12</b>	<b>Online/ Classroom</b>	<b>Inhouse</b>
	<ul style="list-style-type: none"> <li>• <b>Meaning, Importance and Principles</b> <ul style="list-style-type: none"> <li>• <b>Types of LTAD Plan</b></li> </ul> </li> </ul> <p>a) As per the Duration of the plan</p> <p>b) As per the Development of the wrestlers</p>				
	<b>Periodization</b>				
	<ul style="list-style-type: none"> <li>• Meaning, Types and Importance</li> </ul>	<b>L &amp; T</b>	<b>10</b>	<b>Online/ Classroom</b>	<b>Inhouse</b>

	<ul style="list-style-type: none"> <li>• Different Periods and aims thereof</li> <li>• Graphic Presentation of Periodization</li> <li>• Training Schedules</li> </ul>				
3	<b>Wrestling bio-energetics and Nutrition in Wrestling</b>	L & T	6	Online/ Classroom	Inhouse
	<ul style="list-style-type: none"> <li>• Meaning of bio-energetics and nutrition</li> <li>• Balance Diet for a Wrestler</li> <li>• Pre-Bout and Post-Bout Meal</li> </ul>				
	<b>Weight Control</b>	L & T	4	Online/ Classroom	Inhouse
	<ul style="list-style-type: none"> <li>• Meaning and importance of weight control</li> <li>• Safe methods of weight control</li> </ul>				
	<b>Rest and Recovery in wrestling</b>	L & T	6	Online/ Classroom	Inhouse
	<ul style="list-style-type: none"> <li>• Meaning and Importance</li> <li>• Different Methods of Recovery</li> <li>• Over-reaching and overtraining</li> </ul>				
4	<b>Hygiene and disease prevention</b>	L & T	2	Online/ Classroom	Inhouse
	<ul style="list-style-type: none"> <li>• Meaning, Importance</li> <li>• Different types of hygiene</li> </ul>				
	<b>Promotion of Wrestling Sport</b>	L & T	2	Online/ Classroom	Inhouse

	Different Means and Methods of promotion				
	<b>Artificial intelligence (AI) in sports coaching</b>				
	<ul style="list-style-type: none"> <li>• Meaning and importance of AI</li> <li>• Scope of AI in coaching and evaluation</li> </ul>	L & T	2	Online/ Classroom	Inhouse
	<b>Common injuries in wrestling</b>				
	<ul style="list-style-type: none"> <li>• Mechanism of injury</li> <li>• Acute and chronic injuries in wrestling</li> <li>• Prevention</li> </ul>	L & T	2	Online/ Classroom	Inhouse
	<b>Selection Criteria for the National wrestling Team</b>				
	<ul style="list-style-type: none"> <li>• Different Criteria of selection</li> <li>• Ideal Criteria for Team India</li> </ul>	L & T	2	Online/ Classroom	Inhouse

## PRACTICAL II

**Total Credit: 8**

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1	<b>Greco Roman defence moves – standing positions</b> <ul style="list-style-type: none"> <li>• Of under hook tie-up</li> <li>- Defence and counter techniques of duck-under &amp; its variants</li> <li>- Defence and counter techniques of bear-hugs and its variants</li> </ul>	Demonstration & Explanation	18	Online/field	Inhouse
	<b>Greco Roman defence moves – standing position</b> <ul style="list-style-type: none"> <li>• Of 2 on 1 tie-up</li> <li>- Defence and counter techniques of arm-drag &amp; its Variants</li> <li>- Defence and counter techniques of arm-throw &amp; its variants</li> <li>- Defence and counter techniques of twist/hip-toss</li> </ul>	Demonstration & Explanation	22	Online/field	Inhouse
2	<b>Greco Roman defence moves – standing position</b> <ul style="list-style-type: none"> <li>• Of under-over hook tie-up</li> <li>- Defence and counter techniques of</li> </ul>	Demonstration & Explanation	18	Online/field	Inhouse

	spiral/twisting, suplex throw, and seat-belt throw.				
	<b>Greco Roman defence moves – standing position</b> <ul style="list-style-type: none"> <li>• Of front head-lock tie-up</li> <li>- Defence and counter techniques of suplex – throw, side-rolls and roll on back</li> </ul>	<b>Practical: demonstration &amp; Explanation</b>	<b>16</b>	<b>Online/field</b>	<b>Inhouse</b>
	<b>Greco Roman defence moves – standing position</b> <ul style="list-style-type: none"> <li>• Of over-hook tie-up</li> <li>- Defence and counter techniques of arm-spin, arm throw, Suplex – throw and hip-toss-throw</li> </ul>	<b>Practical: demonstration &amp; Explanation</b>	<b>14</b>	<b>Online/field</b>	<b>Inhouse</b>
3	<b>Greco Roman defence moves – ground position</b> <ul style="list-style-type: none"> <li>• Of body-lock at top position</li> <li>- Defence and counter techniques of chest rolls, gut-wrench and tilts</li> <li>- Defence and counter techniques of body lock lift and reverse-body-lock lifts</li> </ul>	<b>Demonstration &amp; Explanation</b>	<b>18</b>	<b>Online/field</b>	<b>Inhouse</b>
	<b>Freestyle/women defence moves – standing position</b> <ul style="list-style-type: none"> <li>• Of double inside – without knee drop</li> <li>- Defence and counter techniques of single-high-leg and its variants</li> <li>- Defence and counter techniques of double-high-</li> </ul>	<b>Demonstration &amp; Explanation</b>	<b>18</b>	<b>Online/field</b>	<b>Inhouse</b>

	legs: angled and lifts and variants thereof - Defence and counter techniques of twists/hip toss - Defence and counter techniques of duck-under lifts and arm drags				
4	<b>Freestyle/women defence moves – standing position</b> <ul style="list-style-type: none"> <li>• Of double inside – with knee drop</li> <li>- Defence and counter techniques of Single &amp; double leg and their variants</li> <li>- Defence and counter techniques of fireman's carry &amp; variants</li> <li>- Defence and counter techniques of High crotch &amp; variants</li> </ul>	<b>Demonstration &amp; Explanation</b>	22	Online/field	Inhouse
	<b>Freestyle/women defence moves – standing position</b> <ul style="list-style-type: none"> <li>• Of non-contact position</li> <li>- Defence and counter techniques of Knee-spin and its variants</li> <li>- Defence and counter techniques of ankle dives, ankle lifts, blasts, snaps and variants</li> </ul>	<b>Demonstration &amp; Explanation</b>	20	Online/field	Inhouse

5	<b>Freestyle/women defence moves – standing position</b> <ul style="list-style-type: none"> <li>• Of over-under hook</li> <li>- Defence and counter techniques of leg hits and its variants</li> <li>- Defence and counter techniques of reaps, grape- wine and its variants</li> </ul>	Demonstration & Explanation	16	Online/field	Inhouse
	<b>Freestyle/women defence moves – standing position</b> <ul style="list-style-type: none"> <li>• Of body lock position at the back</li> <li>- Defence and counter techniques of Press-down through thigh, Trip, Hammer spin, Knees block, Reap</li> </ul>	Demonstration & Explanation	16	Online/field	Inhouse
6	<b>Freestyle/women defence moves – ground position</b> <ul style="list-style-type: none"> <li>• Of body-lock at top</li> <li>- Defence and counter techniques of chest-roll, tilt, gut-wrench, arm-trap and roll, and under-arm-trap and roll, nelson, arm-bar and its variants</li> </ul>	Demonstration & Explanation	18	Online/field	Inhouse
	<b>Freestyle/women defence moves – ground position</b> <ul style="list-style-type: none"> <li>• Of top</li> <li>-Defence and counter techniques of leg ride, crotch-throw, crock-roll/ankle-lace, cradle and variants</li> </ul>	Demonstration & Explanation	16	Online/field	Inhouse

7	<b>Combinations and tactical actions in Greco Roman – standing position</b> From under-hook From over-hook From body lock From 2 on 1 From body lock --- back side	Demonstration & Explanation	20	Online/field	Inhouse
	<b>Combinations and tactical actions in Greco Roman – ground position</b> From body-lock – top From body-lock -- reverse	Demonstration & Explanation	16	Online/field	Inhouse
8	<b>Combinations and tactical actions in freestyle/women – standing position</b> From double inside From elbow control From under and over hook From non-contact	Demonstration & Explanation	16	Online/field	Inhouse
	<b>Combinations and tactical actions in freestyle/women – ground position</b> From body-lock – top From leg-hold - top	Demonstration & Explanation	16	Online/field	Inhouse

### **Training Books, Journals, Online Resources Prescribed for Trainees**

Ackland, T. R., Blanksby, B. A., Landers, G., & Smith, D. (1998). Anthropometric profiles of elite triathletes. *Journal of Science and Medicine in Sport*, 1(1), 52-56.

Ahlman, K. (1961). Weight reduction by sweating in wrestlers and its effect on physical fitness. *J. Sports Med. Phys. Fit.*, 1, 58-62.

Alderman, B. L., Landers, D. M., Carlson, J. O. H. N., & Scott, J. R. (2004). Factors related to rapid weight loss practices among international-style wrestlers. *Medicine and science in sports and exercise*, 36(2), 249-252.

Baker, J. S., Bailey, D. M., & Davies, B. (2001). The relationship between total-body mass, fat-free mass and cycle ergometry power components during 20 seconds of maximal exercise. *Journal of Science and Medicine in Sport*, 4(1), 1-9.

Bompa, T., & Buzzichelli, C. (2015). *Periodization training for sports*, 3e. Human kinetics.

Bompa, T. O., & Buzzichelli, C. (2018). *Periodization-: theory and methodology of training*. Human kinetics.

Bompa, T. O. (1999). *Periodization Training: Theory and Methodology-4th: Theory and Methodology-4th*. Human Kinetics publishers.

Bankes, C.(1996). *Chronicle of Olympics*, London: WCZE 8PC Kinderslay Limited.

CALLAN, S. D., BRUNNER, D. M., DEVOLVE, K. L., MULLIGAN, S. E., HESSON, J., WILBER, R. L., & KEARNEY, J. T. (2000). Physiological profiles of elite freestyle wrestlers. *The Journal of Strength & Conditioning Research*, 14(2), 162-169.

Carter J.E.L.(1970). The Somatotype of athletes – a review. *Human biology*, 42:535.

Carter, J. L. (1970). The somatotypes of athletes—a review. *Human biology*, 535-569.

Carter, J. L., Carter, J. L., & Heath, B. H. (1990). *Somatotyping: development and applications* (Vol. 5). Cambridge university press.

Carson, ray f. (1970). Standing verses on the mat, escapes and reversals. *Scholastic coach*, 39(9):16-19

Carson, ray f. (1972). Stand up and wrestle. *Scholastic coach*, 42(1):44-46

Capriane N. (1993). Technical-tactical analysis of free-style wrestling. *Jl. Strength and conditioning research*, (7):133-140

Donna, j.t. and peter, j.s. (1996). Physiological profile of age-group wrestlers. *Jl. Of sports medicine and physical fitness*, 36(1):178-185.

Eisenman, P., & Johnson, D. A. (1982). *Coaches' guide to nutrition & weight control*. Human Kinetics Publishers.

Finn, K. J., Dolgener, F. A., & Williams, R. B. (2004). Effects of carbohydrate refeeding on physiological responses and psychological and physical performance following acute weight reduction in collegiate wrestlers. *The Journal of Strength & Conditioning Research*, 18(2), 328-333.

Farzad, B., Gharakhanlou, R., Agha-Alinejad, H., Curby, D. G., Bayati, M., Bahraminejad, M., & Mäestu, J. (2011). Physiological and performance changes from the addition of a sprint interval program to wrestling training. *The Journal of Strength & Conditioning Research*, 25(9), 2392-2399.

García-Pallarés, J., López-Gullón, J. M., Muriel, X., Díaz, A., & Izquierdo, M. (2011). Physical fitness factors to predict male Olympic wrestling performance. *European journal of applied physiology*, 111(8), 1747-1758.

Gould, D., Hodge, K., Peterson, K., & Petlichkoff, L. (1987). Psychological foundations of coaching: Similarities and differences among intercollegiate wrestling coaches. *The Sport Psychologist*, 1(4), 293-308.

Horswill, C. A. (1992). Applied physiology of amateur wrestling. *Sports Medicine*, 14(2), 114-143.

Weissinger, E., Housh, T. J., & Johnson, G. O. (1993). Coaches' attitudes, knowledge, and practices concerning weight loss behaviors in high school wrestling. *Pediatric Exercise Science*, 5(2), 145-150.

Willis, J. D., & Campbell, L. F. (1992). *Exercise psychology*. Human Kinetics Publishers.

Zhumakulov, Z. P. (2017). Education technology of primary training sport wrestling. *Eastern European Scientific Journal*, (5).

<b>FORMATIVE ASSESSMENT: Internal</b>			
	<b>Semester 1</b>	<b>Semester 2</b>	<b>% marks</b>
<b>Periodical Assessments (Theory)</b>	Periodical assessment: Online/face-to-face evaluation with the help of testing tools of Multiple Choice/Descriptive questions from the topics covered during the assessment period	Periodical Assessment: Online/face-to-face evaluation with the help of testing tools of Multiple Choice/Descriptive questions from the topics covered during the assessment period	30% of total allotted marks for each semester
<b>Periodical Assessment (Practical/Lab/Field)</b>	Periodical assessment: Demonstration & explanation of learnt practical work during the assessment period	Periodical assessment: Demonstration & explanation of learnt practical work during the assessment period	30% of total allotted marks for each semester

<b>SUMMATIVE ASSESSMENT: External</b>			
<b>Theory Exam</b>	At the end of semester – I	At the end of semester – II	70% of total allotted marks of each semester
<b>Practical Exam</b>	At the end of semester – I	At the end of semester – II	70% of total allotted marks for each semester
<p>Formative assessment: evaluation which is done during any course.</p> <p>Summative assessment: evaluation which is done at the end of any course</p>			