

Sports Authority of India  
Netaji Subhas National Institute of sports, Patiala  
Syllabus For Diploma in Sports Coaching-**WUSHU**

## **SYLLABUS FOR DIPLOMA IN SPORTS COACHING**

**DISCIPLINE : WUSHU**

**COURSE CODE : WU –23**



|                              |                          |                                                       |                   |             |           |                               |
|------------------------------|--------------------------|-------------------------------------------------------|-------------------|-------------|-----------|-------------------------------|
| <b>Total Credits:<br/>24</b> | <b>Semester<br/>- I</b>  | <b>L</b>                                              | <b>Assignment</b> | <b>P/FW</b> | <b>SW</b> | <b>TOTAL<br/>CREDIT UNITS</b> |
|                              |                          | 100                                                   | 4                 | 300         | -         | 12                            |
|                              |                          | (L-Lecture, P-Practical, SW-Self Work, FW-Field Work) |                   |             |           |                               |
|                              | <b>Semester<br/>- II</b> | <b>L</b>                                              | <b>Assignment</b> | <b>P/FW</b> | <b>SW</b> | <b>TOTAL<br/>CREDIT UNITS</b> |
|                              |                          | 100                                                   | 6                 | 300         | -         | 12                            |
|                              |                          | (L-Lecture, P-Practical, SW-Self Work, FW-Field Work) |                   |             |           |                               |

### **COURSE OBJECTIVES:**

➤ **To impart knowledge and develop the concept of coaching skills in Wushu.**

**To enrich the performance skills for demonstration and explanation of techniques to the athletes and bring these techniques into practice.**

**To educate about the Technical Rules and its exploitation in order to develop the techno tactical abilities of the athletes.**

**To educate about the Material Rules of Wushu to generate relevant awareness about equipment and its maintenance.**

**To explain about the Organizational Rules that would develop their skills to organize domestic and international events.**

**To explain the requisite of a Wushuist for talent identification in the respective sport.**

**To enable the coaches to design the training program for their athletes**

**as per their requirements.**

- **To explain the performance factors for Wushu: Motor Qualities, Techniques and Tactics.**
- **To ensure that they can do the performance assessment by using qualitative and quantitative methods for development of wushu**

### **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 and advance Wushu techniques and mechanism behind each technique.**
- **This will enable them to learn the various offensives, defensive and counter offensive actions of Wushu.**
- **It will enhance the student's skills to design training programs, develop motor qualities, techniques and tactics.**
- **They will remember the WuShu terminologies used world wide**

## SKILLS DEVELOPED:

**Leadership skill Critical**

**thinking Decision making**

**Effective communication Problem**

**solving Interpersonal relationship Team**

**work**

**Work ethics**

**Designing of Planning & Periodization Coaching**

➤ **& Teaching Methodology**

➤ **Uses of various means and methods / training aids for better execution of**

➤ **training**

➤

## 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.       | The development, Organization and management of Wushu                                                                                    |                 |                       |                   |         |
|          | <ul style="list-style-type: none"> <li>Formation &amp; Development of Wushu.</li> </ul>                                                  | L               | 01                    |                   |         |
|          | <ul style="list-style-type: none"> <li>Content &amp; Classification of Wushu.</li> <li>Current development of Wushu in India.</li> </ul> | L<br>L          | 03<br>04              | Off line          |         |
| 2.       | Management of Taolu and Sanshou competition.                                                                                             |                 |                       |                   |         |
|          | <ul style="list-style-type: none"> <li>Working out competition regulation.</li> <li>Governing body.</li> </ul>                           | L               | 02                    | Off line          |         |
|          | <ul style="list-style-type: none"> <li>Introduction about Taolu Events</li> </ul>                                                        | L               | 01                    | On line           |         |
|          | <ul style="list-style-type: none"> <li>Organization of officiating personal.</li> </ul>                                                  | L               | 02                    | Off line          |         |
|          | <ul style="list-style-type: none"> <li>Duties of Officials (Taolu)</li> </ul>                                                            | L               | 02                    | Off line          |         |
|          | <ul style="list-style-type: none"> <li>Jury of Appeals and Duties (Sanda)</li> <li>Scoring Criteria in Sanda.</li> </ul>                 | L               | 05                    |                   |         |
| 3.       | Appraisal and Awards of Demonstrative events                                                                                             | L               | 01                    |                   |         |
|          | <ul style="list-style-type: none"> <li>Appraisal of demonstrative events.</li> </ul>                                                     |                 |                       |                   |         |

|    |                                                                                                                                                                                                                                                            |   |    |          |  |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----|----------|--|
|    | <ul style="list-style-type: none"> <li>• Evaluation of individual events.</li> <li>• Evaluation of set sparring.</li> <li>• Evaluation of group events.</li> <li>• Characteristics and methods of appraising and awarding Demonstrative events.</li> </ul> | L | 05 | Off line |  |
| 4. | a) Brief history and origin of Wushu                                                                                                                                                                                                                       | L | 01 |          |  |
|    | b) Structure and function of IWUF & WAI .                                                                                                                                                                                                                  | L | 05 | Off line |  |
| 5. | a) Competition in Wushu (Taolu & Sanshou).<br>b) Age Category, Events and Weight Categories.<br>c) Equipment & Clothing of Taolu & Sanshou                                                                                                                 | L | 06 | Off line |  |
|    | d) lesson Plan                                                                                                                                                                                                                                             | L | 05 | Off line |  |
| 6. | Arena, Competition area & Scoring criteria. (all events)                                                                                                                                                                                                   | L | 8  | Off line |  |

|    |                                                                                                                                                                                                                                             |   |    |          |  |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----|----------|--|
| 7. | a) Rules and regulations of Taolu.<br>b) Degree of Difficulty<br>c) Over all Performance                                                                                                                                                    | L | 05 | Off line |  |
|    | - Quality of Movements.                                                                                                                                                                                                                     | L | 03 |          |  |
|    | d) Rules and regulations of Sanshou                                                                                                                                                                                                         | L | 10 | Off line |  |
| 8. | Theory of Basic techniques of Taolu & Sanshou and their requirements                                                                                                                                                                        |   |    |          |  |
|    | <b>Taolu:-</b> <ul style="list-style-type: none"> <li>• Hand forms, hand techniques, foot works.</li> <li>• Stances, jumps (basic to advance), compulsory movements of all events.</li> <li>• Events- sub Junior, Junior, Senior</li> </ul> | L | 10 | Off line |  |
|    | <b>Sanshou:-</b> <ul style="list-style-type: none"> <li>• On guard, foot works.</li> <li>• Kick, Punch, Throw basics.</li> </ul> Shadow, Sparring                                                                                           | L | 11 | Off line |  |

| PRACTICAL I    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |                                                             |                   |         |
|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------------------------------------------------------------|-------------------|---------|
| Total Credit:8 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |                                                             |                   |         |
| Unit No.       | Description/Topics Covered                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Teaching Method | No. of Hours (period)                                       | Online/Class room | Faculty |
| 1.             | <p>a) Callisthenic exercises of Wushu and introduction &amp; practice of techniques.</p> <p>b) Basic techniques of Taolu &amp; Sanshou and their requirements.</p> <p><b>Taolu:-</b></p> <ul style="list-style-type: none"> <li>Hand forms, hand techniques, foot works, Stances, jumps (basic to advance),</li> <li>compulsory movements of all events and Events-sub Junior, Junior, Senior</li> </ul> <p><b>Sanshou:-</b></p> <ul style="list-style-type: none"> <li>On guard, foot works.</li> <li>Kick, Punch, Throw basics.</li> <li>Shadow, Sparring</li> </ul> | P               | <p>20</p> <p>20</p> <p>50</p> <p>70</p> <p>10</p> <p>22</p> | Off line          |         |



|    |                                                                                                                                                                                                                                                                                                         |   |                                          |          |  |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|------------------------------------------|----------|--|
| 2. | <p>a) Basic to advance motor abilities related to Sanshou</p> <p>b) Basic to advance motor abilities related to taolu</p>                                                                                                                                                                               | P | 22<br><br>22                             | -do-     |  |
| 3. | <p>a) <b>Taolu officiating</b><br/>(competition exposure)</p> <p>b) <b>Sanshou Officiating.</b><br/>(competition exposure)</p> <p>c) <b>Lesson plan</b></p>                                                                                                                                             | P | 11<br>05<br><br>06<br>10<br><br>04<br>04 | Off line |  |
| 4. | <p><b>Use and practice of Competitive &amp; Training equipment.</b></p> <p>Taolu mats, Sanshou mats, bench, tera tubes, free weights, gloves, chest guard, teeth guard, groin guard, head guard, skipping rope, spring board, crash mats, balancing balls, kicking bag, punching bag, punching pad.</p> | P | 12<br><br>12                             | Off line |  |

## DETAILED SYLLABUS - SEMESTER II

## THEORY II

|                        |  |
|------------------------|--|
| <b>Total Credit: 4</b> |  |
|------------------------|--|

| Unit No. | Description/Topics Covered                                                                                                                                                                                                                                                                                                                                | Teaching Method | No. of Hours (period) | Online/ Class room | Faculty |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------------|--------------------|---------|
| 1.       | <b>Planning &amp; Periodization</b>                                                                                                                                                                                                                                                                                                                       | L & T           |                       | Off line           |         |
|          | <b>Planning:-</b> <ul style="list-style-type: none"> <li>Weekly plan</li> <li>Daily plan</li> <li>Individual training schedule</li> </ul> <b>Periodization:-</b> <ul style="list-style-type: none"> <li>Single periodization</li> <li>Double periodization</li> <li>Multi periodization</li> <li>Aims and content of various training periods.</li> </ul> |                 | 10                    | 10                 |         |
| 2.       | <b>Preparation for Technique &amp; Tactics</b>                                                                                                                                                                                                                                                                                                            | L & T           |                       | Off line           |         |
|          | <ul style="list-style-type: none"> <li>One to one</li> <li>One to two Kick, Punch, Throw</li> <li>One to three</li> </ul>                                                                                                                                                                                                                                 |                 | 16                    |                    |         |
| 3.       | <b>Preparation for optional events:-</b>                                                                                                                                                                                                                                                                                                                  | L & T           |                       | Off line           |         |
|          | Changquan, Nanquan, Taijiquan, Daoshu, Jianshu, Nandao, Taijijian, Gunshu, Qiangshu, Nangun, Dual.<br><br><b>Chart:-</b>                                                                                                                                                                                                                                  |                 | 16                    |                    |         |

|    |                                                                                                                                                                  |       |    |          |                       |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----|----------|-----------------------|
|    | <ul style="list-style-type: none"> <li>Degree of difficulty</li> <li>Choreography</li> </ul> Compulsory movements                                                |       |    |          |                       |
| 4. | <b>Talent Identification:-</b>                                                                                                                                   | L & T | 10 | Off line |                       |
|    | a) Principle<br>b) Sports talent<br>c) Weight control management during of season.<br>d) Fitness test (General & specific test for taolu and sanda).<br>Physique | L&T   | 06 |          |                       |
| 5. | <b>Quality of a Good Coach</b>                                                                                                                                   | L & T | 06 | Off line |                       |
|    |                                                                                                                                                                  |       |    |          |                       |
| 6. | <b>Injuries and Managment</b>                                                                                                                                    | L & T | 14 | Off line |                       |
|    |                                                                                                                                                                  |       |    |          |                       |
| 7. | <b>Anthropometric Measurement for Taolu and Sanda</b>                                                                                                            | L & T | 06 | On line  | Ravi Prakash Tripathi |
| 8. | <b>Terminology (Taolu &amp; Sanda).</b>                                                                                                                          | L & T | 06 |          |                       |

| <b>PRACTICAL II</b>    |                                                                  |                        |                              |                          |                |
|------------------------|------------------------------------------------------------------|------------------------|------------------------------|--------------------------|----------------|
| <b>Total Credit: 8</b> |                                                                  |                        |                              |                          |                |
| <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> |
| 1.                     | Practical preparation, implication of planning and periodization | P                      | 40                           | Off line                 |                |
|                        |                                                                  |                        | 40                           |                          |                |
| 2.                     | Practical implication of technique and tactics on ground         | P                      | 50                           | Off line                 |                |
|                        |                                                                  |                        | 20                           |                          |                |
| 3.                     | Preparation and implication of events.                           | P                      | 90                           | Off line                 |                |
| 4.                     | Conduction of test and measurement                               | P                      | 30                           |                          |                |
|                        |                                                                  |                        | 30                           |                          |                |

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

1. Sports and games in ancient china. (New world press, 24 Baiwan Zuang road Beijing.)
2. Essential of wushu. ( Wu Bin)
3. Wushu international coaches teaching material. (Morning glory press, 21 Che chong zhuang, Beijing).
4. Chinese martial arts teach yourself. (Foreign language press, 24 Baiwan Zuang road Beijing).
5. International wushu competition routine. (Deng Changli).
6. A guide to Chinese martial art.( Li Tianji).
7. China sports.( Magazine).
8. Latest rules and regulation and updating of wushu.( [www.iwuf.org](http://www.iwuf.org)).

| ASSESSMENT                 |                                                                                                                                                                              |                                                                                                                                                                              |                                                                                                                                                                                             |
|----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Theory Monthly Assessments | Semester 1                                                                                                                                                                   | Semester 2                                                                                                                                                                   | Internal/External %                                                                                                                                                                         |
|                            | <p>Monthly Assessment using Online Testing Tools with Multiple Choice &amp; Descriptive questions of covered topics during the Month</p> <p><b>Total – 4 Assessments</b></p> | <p>Monthly Assessment using Online Testing Tools with Multiple Choice &amp; Descriptive questions of covered topics during the month</p> <p><b>Total – 4 Assessments</b></p> | <p>40 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the score</p> <p><b>Test data will be recorded for Reference</b></p> |

|                                    |                                                                                                                    |                                                                                                                    |                                                                                                                                                                                        |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monthly Practical/Lab/Field</b> | Monthly Assessment<br>Practical demonstration & Execution of learnt techniques<br><br><b>Total – 5 Assessments</b> | Monthly Assessment<br>Practical demonstration & Execution of learnt techniques<br><br><b>Total – 5 Assessments</b> | 40 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the scores.<br><br><b>Test data will be recorded for reference</b> |
| <b>Monthly Quiz/Assignments</b>    | 1 Assignment per month<br><br><b>Total – 4 Assignments</b>                                                         | 1 Assignment per month<br><br><b>Total – 4 Assignments</b>                                                         | 40 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the scores.<br><br><b>Test data will be recorded for reference</b> |
| <b>Theory Exam</b>                 | At the end of semester – I                                                                                         | At the end of semester – II                                                                                        | 60 % of total score in Theory                                                                                                                                                          |
| <b>Practical Exam</b>              | At the end of semester – I                                                                                         | At the end of semester – II                                                                                        | 60 % of total Score in Practical                                                                                                                                                       |