



**Name of Course: SPORTS TRAINING**

**Duration:** 30 Hrs.

**Offered by:** Ramakrishna Sarada Mission Vivekananda Vidyabhavan

**Eligibility:** 10 + 2 Passed & RKSMVV Students

**Course Fee:** Nil

**Course Overview:**

Sports training involve conditioning, techniques, tactics and psychological training to systematically prepare athletes for competition based on scientific principles. It helps the students to improve physical fitness, motor skills, technical efficiency and mental capabilities.

**Course Objectives:**

- To provide the principles of physical education and sports to the pupils for their health and wellbeing.
- To familiarize the students with health-related activity and sports for overall growth and development and to maintain the fitness.
- To create a base for professionals in physical education and sports.

- To impart the basic knowledge and skills to teach different games.
- To create the opportunity to maintain the mental health and wellness.

**Syllabus:**

<b>Sports Training</b>		
<b>Module</b>	<b>Content</b>	<b>Duration(Hrs.)</b>
1	History, Principles and Foundation of Physical Education & Olympic Movement, Health Education Biomechanics, Anatomy and Exercise Physiology Sports Management, Officiating and Coaching, Sports Nutrition Officiating and Coaching, Science of Sports training, Sports Psychology.	3
2	Physical Fitness, Health related fitness. Motor Fitness General conditioning, Specific conditioning, Motor Skill development Athletics. Running events, Jumping events, Throwing Events.	3

3	Basic skills of Football, Volleyball, Basketball; Basic skills of Badminton Table Tennis, Tennis ; Gymnastics Floor Exercises, Swimming: Free style, Breast stroke, Butterfly and Back stroke, Tug of war, Rope Skipping, Yoga Asans Plank Exercise	7
4	Practical training sessions	15
Assessment and Project		2
Total duration		30

**Resource Person:**

***Sunita Polley, M.P.Ed.***, Jadavpur University, NIS in athletics

**Learning Outcomes:**

The students will be able:

- To understand the meaning of physical education.
- To understand the foundation of physical education.
- To know about allied sciences, camping and recreation.
- To learn history of Olympics and physical education.
- To know the contribution of various agencies, awards and scholarships.
- To learn the technique of Sprinting, Jumping and Shot putting.
- To learn the fundamental skills of major games.
- To learn the rules of the games for efficient officiating.
- To know the various drills for optimum skill development.

- To learn the history of basketball, football, hockey, kabaddi, tennis and volleyball.
- To understand layout of play fields and major trophies of basketball, football, hockey, kabaddi, tennis and volleyball.
- To understand the Rules and their interpretations of basketball, football, hockey, kabaddi, tennis and volleyball.
- To learn the Basics skills and their drills of basketball, football, hockey, kabaddi, tennis and volleyball.
- Duties of officials and officiating mechanism of basketball, football, hockey, kabaddi, tennis and volleyball.

**Assessment Procedure:**

Three Formative Assessments' scores are provided as percentages. The Total Grade is determined based on the overall performance across all assessments. The Continuous Assessment column provides a general evaluation of the students' participation, engagement and adherence to deadlines throughout the course.

Grading criteria along with the corresponding percentage ranges:

A: 90%-100%

B: 80%-89%

C: 70%-79%

D: 60% - 69%

F : Below 60%