

SCIENTIFIC SPORTS COACHING

(3+0 Cr. Hr)

COURSE OBJECTIVES

The purpose of this course is to provide knowledge about scientific coaching to maintain professionalism, fulfill the responsibilities, to manage the sports training stages, organize the training designed and mature application of teaching the well manners.

COURSE CONTENTS:

1. **Introduction to sports coaching**
 - a. Introduction and nature of coaching profession
 - b. Qualities of a good coach
2. **Teaching Methodology for a Coach**
 - a. Skill, Technique and Ability
 - b. Methods of Transfer of Learning in Sports
 - c. Skill Development
1. **Role of a Coach**
 - a. Coaching Philosophy
 - b. Coaching Style
 - c. Coaching Ethics
2. **Development of Skill Analysis and Strategies**
 - a. Physical Training
 - b. Mental Training
 - c. Technical Training
 - d. Tactical Training
3. **Periodization of Training**
 - a. Off season Training
 - b. Pre-season Training
 - c. Peak/in-season Training
 - d. Micro cycle
 - e. Macro cycle
 - f. Warming up
 - g. Cooling down
6. **Components of Fitness**
 - a. Health related Fitness (Need, Importance & Improvement)
 - b. Skill related Fitness (Need, Importance & Improvement)
 - c. Training Principles (Need, Importance & Improvement)
7. **Caching & Training Plans of major Games**
 - a. Athletics
 - b. Cricket
 - c. Hockey

- d. Football
- e. Volley Ball
- f. Badminton
- g. Basketball

RECOMMENDED BOOKS

1. Baker, J., & Farrow, D. (2015). *Routledge handbook of sport expertise*. Routledge.
2. Lyle, J., & Cushion, C. (2016). *Sport coaching concepts: A framework for coaching practice*. Routledge.
3. Beauchamp, M. R., & Eys, M. A. (Eds.). (2014). *Group dynamics in exercise and sport psychology*. Routledge.
4. Berry, M., Lomax, J., & Hodgson, C. (Eds.). (2015). *Adventure sports coaching*. Routledge.
5. Nicholls, A. R. (2017). *Psychology in sports coaching: theory and practice*. Routledge.
6. Nelson, L., Groom, R., & Potrac, P. (Eds.). (2016). *Learning in sports coaching: Theory and application*. Routledge.