

Course Title: Scientific Sports Coaching
Code Number: HPE-404
Credit Hours: 03 hrs
Pre-Requisites course Requirement/Skills: Nil

Objectives of Course

At the successful completion of this course students will be able:

- 1) 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

Unit-I Introduction to sports coaching

- 1.1 Introduction and nature of coaching profession
- 1.2 Qualities of a good coach

Unit-II Teaching Methodology for a Coach

- 2.1 Skill, Technique and Ability
- 2.2 Methods of Transfer of Learning in Sports
- 2.3 Skill Development

Unit-III Role of a Coach

- 3.1 Coaching Philosophy
- 3.2 Coaching Style
- 3.3 Coaching Ethics

Unit-IV Development of Skill Analysis and Strategies

- 4.1 Physical Training
- 4.2 Mental Training
- 4.3 Technical Training
- 4.4 Tactical Training

Unit-V Periodization of Training

- 5.1 Off season Training
- 5.2 Pre-season Training
- 5.3 Peak/in-season Training
- 5.4 Micro cycle
- 5.5 Macro cycle
- 5.6 Warming up
- 5.7 Cooling down

Unit-VI

Components of Fitness

- 6.1 Health related Fitness (Need, Importance & Improvement)
- 6.2 Skill related Fitness (Need, Importance & Improvement)
- 6.3 Training Principles (Need, Importance & Improvement)

Unit-VII

Caching & Training Plans of major Games

- 7.1 Athletics
- 7.2 Cricket
- 7.3 Hockey
- 7.4 Football
- 7.5 Volleyball
- 7.6 Badminton
- 7.7 Basketball

Teaching Learning strategies

- a) Inquiry based learning
- b) Cooperative Learning
- c) Multimedia usage
- d) Concrete examples
- e) Think -Pair-Share

Assessment and Examination

#	Elements	Details
1	Theory Examination based Assessment	It takes Place at the mid-point of the semester. It is mostly in the form of a test but owing to the nature of the course. The teacher may assess their students based on term paper, research proposal development, field work and report writing etc.
2	Formative Assessment	It is continuous assessment. It includes classroom Participation, attendance, assignments and Presentations, homework, attitude, and behavior, hands on activities, short test, quizzes etc.

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.