

Science of Sports Training

Unit - I

Meaning and Definition – Aim, Tasks and characteristics of sports training – Principles of sports training- importance of warm - up and cool – down.

Unit - II

Important features of Training Load- Intensity Density and volume – Type of Training Load – Training and Adaptation – Over Load –Causes, Symptoms and Remedies.

Unit - III

Means and methods of developing: Strength – Endurance –Speed – Flexibility.

Unit - IV

Basic Types of Training: Weight training – Circuit training – Plyometric training –Fartlek training –Interval training –Continuous training.

Unit - V

Training Plan, Types of Cycles, Periodisation- Definitions of Techniques and Tactics.

Reference:

1. Singh Hardhayal, (1984) *Sports training General theory and methods*, NIS Patiala.
2. Williams, J. (1977) *II Athletic Training and Physical fitness*. Allyn and Bacon Inc., Sydney.
3. Singh H, (1984). *Science of sports Training*.
4. Dick Frank. *Sports Training Principles*.
5. Mateweyew L.P. *Fundamental Sports Training*.