

Lesson Plan for Course: B.A General (PEDG) Code: PEDGDSE01T Credit: 6

- Course coordinator: GOPAL GURIA
- Course Outcome
- CO₁: To learned the basic Knowledge of Sports Training.
- CO₂: To learned the History of Training Techniques
- CO₃: To learned the basic Knowledge of Training Load and Adaptation
- CO₄: To learned the basic Knowledge of Periodization
- CO₅: To learned the basic Knowledge of Mechanical Principles Applied to Sports
- CO₆: To learned the basic Knowledge of Low of Motion
- **Course planner**

Sl	Course Topic	Teacher	Class-hour	Remarks*
Jul	<u>Unit- I: Introduction</u> 1.1. Meaning, definition, Aim and characteristics of Sports Training.	G.G	02	
Aug	1.2. Principles and Importance of Sports Training. 1.3. Warming up, cooling down and Conditioning - Meaning, types, methods and principles. 1.4. Training Methods- Circuit Training, Interval Training, Weight Training, Fartlek Training	G.G	08	
Sep	<u>Unit- II: Training Techniques</u> 2.1 Strength- Means and methods of strength development. 2.2 Speed- Means and methods of speed development 2.3 Endurance- Means and methods of endurance development. 2.4 Flexibility- Means and methods of flexibility development	G.G	12	
Assessment: Mid-term Test				
Oct	<u>Unit- III: Training Load and Adaptation</u> 3.1 Training Load- Meaning, definition, types and factors of training load. 3.2. Over Load- Meaning, causes, symptoms and tackling of over load. 3.3. Adaptation- Meaning and conditions of adaptation, Components of training load.	G.G	12	
Nov	3.4 Periodization- Meaning, types, aim and contents of different periods <u>Unit- IV: Mechanical Principles Applied to Sports.</u> 4.1 Low of Motion	G.G	08	
Dec	4.2 Equilibrium its type and Low, 4.3 Centre of Gravity, Force and its types 4.4 Lever and its Types	G.G	12	
	Assessment: End-term Test		Total: 62Hrs	

Resources :

1. Books: Sports Training- Hardayal Sing
2. Other resources :

For CBCS courses

*Remarks will specify

- The nature of the class-topic (viz. Theoretical, Practical, and Tutorial).
- Methodology of teaching (whether using ICT, engaging students in group discussion, quiz etc. etc.)