

DEPARTMENT OF PHYSICAL EDUCATION
MUGBERIA GANGADHAR MAHAVIDYALAYA
DISTRIBUTION OF SYLLABUS
SEMESTER - VI

Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
					CA	ESE	Total
DSE2T		Sports Training	4+2	4-0-4	15	60	75
		Practical					

DSE2T		Sports Training	Total Credits 04 (04×15= 60 Classes)				
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Course Contents			
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Unit-I	Introduction	Credit-1	Taken By
1.1	Meaning and definition of Sports Training.	3 Classes.	Mr. Jisu Krishna Jana (J.K.J)
1.2	Aim and characteristics of Sports Training.	4 Classes	
1.3	Principles of Sports Training.	4 Classes	
1.4	Importance of Sports Training.	4 Classes	

Unit-II	Principle of Training and Conditioning	Credit-1	Taken By
2.1	Warming up and cooling down- Meaning, types and methods.	3 Classes.	Mrs. Anindita Si (A.SI)
2.2	Conditioning - Concept of Conditioning and its principles.	4 Classes	
2.3	Training Methods- Circuit Training, Interval Training, Weight Training.	4 Classes	
2.4	Periodisation- Meaning, types, aim and contents of different periods.	4 Classes	

Unit-III	Training Load and Adaptation	Credit-1	Taken By
3.1	Training Load - Meaning, definition, types and factors of training load.	3 Classes.	Dr. Biswajit Garai (Dr. B.G.)
3.2	Components of training load.	4 Classes	
3.3	Over Load - Meaning, causes, symptoms and tackling of over load.	4 Classes	
3.4	Adaptation - Meaning and conditions of adaptation.	4 Classes	

Unit-IV	Training Techniques	Credit-1	Taken By
4.1	Strength - Means, types and methods of strength development.	3 Classes.	A.SI
4.2	Speed - Means, types and methods of speed development.	4 Classes	J.K.J
4.3	Endurance - Means, types and methods of endurance development.	4 Classes	B.G.
4.4	Flexibility - Means, types and methods of flexibility development.	4 Classes	

DSE2P	Practical	Credit-2	Total Credits 02
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Taken By			
1.	Practical Experience of Weight Training and Circuit Training.	15 Classes	ASI, JKJ & BG
2.	Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility.	15 Classes	