



ANDHRA UNIVERSITY

TRANS-DISCIPLINARY RESEARCH HUB

SPORTS TRAINING AND COACHING

Unit-1:- Basic Concepts

Sports training- Sports performance- training means- training load- Principals of sports training

UNIT-2:- Strength- Endurance and Speed development.

Importance of strength – Maximum strength-explosive strength-strength endurance- General and specific strength-relative strength-Factors determining strength- Improvement of strength-importance of speed - Methods of speed development - Movement speed-Speed endurance-Theory and practice of Endurance development- Importance of endurance-types of endurance-methods of endurance development-Circuit training

UNIT-3:-Planning and organizing of training

Periodisation and its importance- top form and as the basis of periodisation-types of periodisation-planning –importance of Planning-Principals of planning-Types of training Plans-formulation of training plan-structure of training plan-long term training processes- Training load and adaptation –overload

UNIT-4:- Flexibility and Coordinative abilities

Flexibility –importance of flexibility-Types of flexibility-Factors determining flexibility-Improvement of flexibility-coordinative abilities-importance of coordinative abilities-characteristics of coordinative abilities-Importance of coordinative abilities-

UNIT -5:- Competition

Competition – importance of competition-competition system- competition frequency-preparation for competition- competition in basic and advanced training stages.

Reference books

- 1) Singh ,Haridayal (1991) Science of Sports Training, New Delhi .D.A.V
- 2) Singh ,Haridayal (1984) Sports Training and general theory, New Delhi .D.A.V
- 3) Dick ,frank W.(1980) Principals of sports training London Lepus Books
- 4) Bunn,John.G.,(1972) Scientific Principals of Coaching (2nd Ed.) N.J. Prentice Hall.Inc, Englewood Cliffs



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MODEL QUESTION PAPER SPORTS TRAINING AND COACHING

Time 3 hours

Max. Marks (5x20) = 100

Answer any Five Questions. All Questions carry equal Marks.

1. Define Sports training and explain its aims and principles.
2. Explain about types of strength and its improving methods.
3. Discuss the Aerobic and Anaerobic training and its improving methods.
4. What is periodization and explain the phases of periodization.
5. What is flexibility, its types and explain different training methods to improve flexibility.
6. What is mean by overload? Describe the causes and symptoms of overload.
7. What is speed and its types discuss the factors of speed, Write about training methods to improve speed.
8. Discuss the different training methods in sports training.