

M.P.E. - 101 – Scientific Principles of Training

Unit –I Sport Training

- Definition at terms – conditioning, Training and coaching.
- Aim, characteristics at sports Training
- Principles of Sports Training

Unit –II Training load

- Important Features at Training load, Intensity, Density, Duration and Frequency.
- Principles of Training load
- Adaptation Process and condition of Adaptation.
- Overload causes and symptoms-Tackling

Unit –III Strength

- Definition, Types of Strength, strength Development Training
- Speed –Definition, Speed Development Training, Types of speed
- Endurance- Definition, Endurance Development Training, Types of Endurance.

Unit –IV Flexibility –meaning, Types of Flexibility, Flexibility Development Training

- Per iodization-meaning sigal per iodization, Double Per iodization, Deferent Preparatory pre compition and Transitional Period.
- Cycle,Mecro, Meso, Micro
- Warming-Up – General and Specific Colling down

Unit –V Planning of Training

- Importance of Planning
- Principles of Planning
- Method of Planning

REFERENCE

- Harre Dietrich, Principles of Sports Training Berlin Sporrueag. 1982.
- Hardayal Singh, Science of Sports Training D. V. S Publication, New Delhi, 1995.
- Frank W. Dick, Sports Training Principles, London, Lepus Book Co., 1980.