Appendix 7.2

Draft_Syllabus

Diploma in Sports Coaching and training

From
Academic Year 2025-26

Version-1

Somaiya Sports Academy

Somaiya Vidyavihar University, Mumbai - 400077

Preamble:

For those with an interest in pursuing a career in the field of Sports Coaching and training, this coursework - Diploma program empowers individuals to be specialized or broaden learner's expertise.

Course will attract Physical education teachers, coaches, athletes and sports science research, as well as experts in the field from within and outside SVU, to provide learners with contemporary knowledge and skills. Individuals will have broad spectrum of various contents and literature covering sports training ,sports coaching, biomechanics, exercise physiology, sports psychology, sports specific fitness, conditioning, sports injuries, and sports performance analysis. This one year diploma program will lead to a career in high performance sports or allow established professionals to up skill and update their sports science knowledge.

Objective:-

· Provide in-depth knowledge of coaching methodologies, training techniques, and performance evaluation strategies.

- Enable students to apply scientific principles to enhance athlete performance across various sports disciplines.

Duration:

One Year

Fees:-

Rs 85000/-

Facilitator:-

Masters of Sports and Exercise Science or Physical Education or Strength and Conditioning with minimum 60% and a relevant teaching experience of 3-5 years in similar subject. Preferably a sports man with national or international participation.

Eligibility for Admission:

- B.ped, B.Sc Sports and Exercise Science, B.Sc Nutrition,
- B.Sc Psychology with prerequisite in sports(National or AIU participation)

OR

- **Any Graduate with prerequisite in sports(National or AIU participation)**

Diploma in Sports Coaching and Training
Semester Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits
DPSPCT34101	Principles and Theories of Coaching	3 – 2 – 1	06	3 – 2 – 1	06
DPSPCT34102	Sports Science for Coaches	3 – 2 – 1	06	3 – 2 – 1	06
DPSPCT34103	Sports Psychology and Mental Training	3 – 2 – 1	06	3 – 2 – 1	06
DPSPCT34104	Advanced Strength and Conditioning	3 – 0 – 1	04	3 – 0 – 1	04
DPSPCT34105	Performance Analysis in Sports	3 – 0 – 1	04	3 – 0 – 1	04
DPSPCT34106	Ethics and Professionalism in Coaching	3 – 0 – 1	04	3 – 0 – 1	04
Total		18 – 06 – 6	30	18 – 06 – 6	30

Examination Scheme

Course Code	Course Name	(IA)	ESE	Practical or Oral	Total
DPSPCT34101	**Principles and Theories of Coaching**	25	50	25	100
DPSPCT34102	**Sports Science for Coaches**	25	50	25	100
DPSPCT34103	**Sports Psychology and Mental Training**	25	50	25	100
DPSPCT34104	**Advanced Strength and Conditioning**	25	50	25	100
DPSPCT34105	**Performance Analysis in Sports**	25	50	25	100
DPSPCT34106	**Ethics and Professionalism in Coaching**	25	50	25	100
Total		**150**	**300**	**150**	**600**

Marking Scheme:

Note:

(a) Theory (Th) period is equal to 1 hour duration.

(b) Practical (P) period is equal to 2 hours duration.

(c) Tutorial (T) is equal to 1 hour duration.

Marking Scheme:

Maximum Marks = 100

Theory Examination = 50 Marks

Practical Examination = 25 Marks

Internal Assessment = 25 Marks

Internal Assessment (Maximum Marks – 25)

Tutorial = 20 Marks

Attendance = 5 Marks

Instruction for Examiners / Paper Setters Setting Paper for 50 Marks:

The Examiner is required to set paper of 80 Marks with necessary choice as follows:

The Examiner is required to set Question No. 1 from all (06) subjects carrying a total of 10 Marks each. Question No. 2 from 3 subjects with 6 credits carry a total of 10 Marks. Question No. 3 from 3 subjects with 4 credits carry a total of 10 Marks each.

- Question No. 1 will have 60 questions of 2 Marks each.(any 15 questions) 30marks
- Question No. 2 will have 10 questions of 1 Marks each. 10 marks
- Question No. 3 will have 10 questions of 1 Marks each. 10 marks

Marking Scheme for Attendance: (05 Marks)

90% and above	5 Marks
80 – 89%	4 Marks
70 – 79%	3 Marks
60 – 69%	2 Marks
50 – 59%	1 Mark
Less than 50%	0

Marking Scheme for Practical of 50 Marks:

The Practical Examination will be conducted in 4 Heads by an External as well as an Internal Examiner.

Administration (Execution / Playing) Ability	10 Marks
Examiners Choice 1	10 Marks
Examiners Choice 2	10 Marks
Students Choice	10 Marks
Record Book	10 Marks
Total	**50 Marks**

SYLLABUS

Paper:- 1

DPSPCT34101	**Principles and Theories of Coaching**	**60 Hours**
TH – P – TUT		**3 – 2 – 1**

Objective	To educate the theory and principles of coaching and training in to the athletes
Learning Outcome	· Integrate physiological, Physical, and psychological aspects into training programs. · Promote evidence-based coaching practices through the application of sports science research.

Unit-1:-

- · Coaching methodologies and philosophies
- · Athlete-centered coaching approaches
- · Performance planning and Periodization
- Meaning and concept of Training load, Adaptation and Recovery

Unit 2:

- Theory and Principles of Team and Individual training
- Theory and Principles of Fundamental and Specific Skills
- Theory and Principles of tactical and Technical Skills
- Technical and Tactical preparation – Meaning and Methods.

Recommended Readings:-

1. Dick W. Frank, (2002) Sports Training Principles, 4th ed. London: A&C Black Ltd…
2. Harre, D. (1982) Principles of Sports Training, Berlin: Sports Veulag.
3. K. Chandra Shekar, (2004), Sports Training, Khel Sahitya Kendra.

4. Matveyev. L.P. (1977) Fundamentals of Sports Training, Moscow: Progress Publishers.

Paper:- 2

DPSPCT34102	**Sports Science for Coaches**	**60 Hours**
TH – P – TUT		**3 – 2 – 1**

Objective	• Explore the physiological responses of the human body to exercise and training. • Apply knowledge of energy systems, cardiovascular fitness, and muscle function to improve athlete performance.
Learning Outcome	Demonstrate a deep understanding of **coaching principles, methodologies, and ethics** across different sports. Explain the **physiological, biomechanical, and psychological** aspects of athletic performance. Analyze **energy systems, training adaptations, and recovery processes** to optimize performance. Understand the **scientific basis of sports nutrition** and its impact on athlete well-being.

Unit-1:-

- Exercise physiology and biomechanics
- Strength and conditioning principles
- Bio-energetics of Human Body
- Sports nutrition and hydration

Unit 2:-

- Understanding Physiological adaptations
- Understanding physical adadptations
- Understanding psychological adaptation
- Sports-specific fitness assessments.

Recommended Readings:-

1. Dick W. Frank, (2002) Sports Training Principles, 4th ed. London: A&C Black Ltd…

2. Harre, D. (1982) Principles of Sports Training, Berlin: Sports Veulag.

3. K. Chandra Shekar, (2004), Sports Training, Khel Sahitya Kendra.

4. Matveyev. L.P. (1977) Fundamentals of Sports Training, Moscow: Progress Publishers.

Paper:- 3

DPSPCT34103	**Advanced Strength and Conditioning**	**60 Hours**
TH – P – TUT		**3 – 2 – 1**

Objective	To provide advance knowledge of Strength & Conditioning, and to familiarize the students with various aspects of weight training exercises and aerobic training philosophy for various sport athletes.
Learning Outcome	Students acquire the knowledge of history & foundations of Strength & Conditioning and understand the various components of Strength & Conditioning. Students will acquire the basis knowledge of designing the Strength and Conditioning program for beginner and intermediate level athletes for different sports.

Unit-1:-

- Introduction to concept and plans of training Programs. Concepts and plans of Periodization. Assessment techniques and tools. Selection of test and training program.
- Assessment techniques and Program Design of Strength, maximal, sub-maximal, explosive, reactive, strength endurance speed and agility.
- Understanding the various Training variables, performance variables and their program design. Factors affecting training program design.

Unit 2:

- Introduction to Flexibility and Stretching, Muscle and Connective Tissues, factors for implementing stretching exercise to avoid injuries.
- Techniques of flexibility and types of stretching, Stretching exercises.
- Introduction to concepts of Plyometric exercises and phases of plyometric exercise, Plyometric for performance enhancement & progression of plyometric exercises.

Recommended Readings:-

1. NSCA's Essentials of Strength Training and Conditioning, 4th edition
2. NSCA's Exercise Technique manual for Resistance training, 3rd edition
3. Exercise Physiology, 8th edition by authors - William D mcardle, Frank I Katch, Victor L Katch
4. Physiology of Sport and Exercise, 7th edition by authors - W. Larry Kenney, Jack H. Wilmore, David L. Costill

Paper:- 4

DPSPCT34104	**Sports Psychology and Mental Training**	**48 Hours**
TH – P – TUT		**3 – 0 – 1**

Objective	To understand how psychological parameters help in enhancing the physical performance of an athlete. To understand how participation in sports affects psychological development. The application of this understanding to real life cases is the essence of sports psychology.
Learning Outcome	Sports psychology can be used to enhance an athlete's performance by helping with stress management, increasing motivation, anxiety control, mental toughness, etc. The main purpose of Sports Psychology is to enhance an individual's athletic performance. Mental skills and strategies help athletes concentrate better, deal more effectively. It also helps with injury rehabilitation, team building, burnout, career transition, etc.

Unit-1:-

- Inter - Relationship of Sports Psychology with other allied fields such as Sports Sciences its Scope and Importance. Importance of Sports Psychology for Athlete, Coaches and other related to Sports Eco - system.
- Methods of Psychology - Introspection method, Observation method, Experimental method, Case study method, Questionnaire method, Interview method, Survey Method.

- Cognitive Strategies -Imagery, Thought Stopping and Centering, Self – Talk

Unit 2:-

- Techniques for Developing Motivation, Goal Setting - Locke GST, Motivation - Performance Relationship.
- Techniques for Developing self esteem, confidence -Performance Relationship.
- Techniques of evaluating anger, stress, fear and anxiety in athletes.

Recommended Readings:-

1. Andersen, M. B. (Ed.), (2005), Sports psychology in practice, Human Kinetics.

2. Anshel, M. H. (2002). Sports Psychology: From Theory to Practice. Scottsolale AZ: Grousuch Scarbrick.

3. Blumenstein, B., Bar - Eli, M., & Tenenbaum, G. (Eds.) (2002). Brain and Body in Sports and exercise: Biofeedback applications in performance enhancement. Wiley Publishing.

Paper:- 5

DPSPCT34105	**Performance Analysis in Sports**	**48 Hours**
TH – P – TUT		**3 – 0 – 1**

Objective	Use data insights to personalize athlete training plans. Monitor workload and recovery metrics to prevent injuries and over training. Provide clear, data-driven feedback to athletes and coaching staff.
Learning Outcome	Collect and analyze **quantitative and qualitative data** for game and training performance. Use **video analysis tools (e.g., Hudl, Dartfish, Sportscode, Catapult)** to assess player movements. Identify **key performance indicators (KPIs)** for different sports.

Unit-1:-

- Use of wearable technology in sports
- · Video analysis and motion tracking
- · Tactical and strategic evaluation in team sports
- · Digital coaching tools and AI in sports science

Unit 2:-

- Analysis and Interpretation of Tracking software in sports coaching.
- · Gait and motion analysis
- · Use of software tools in sports performance analysis
- · Application of technologies for research in coaching

Recommended Readings:-

1. Morrow Jr., James. R. (2016). Measurement and Evaluation in Human Performance. Human Kinetics.
2. Safrit, Margaret J. (1986). Introduction to Measurement in Physical Education & Exercise Science. Times Mirror/Mosby College Publishing: Santa Clara.
3. Baumgartner Ted A., Jackson Andrew S., Mahar Matthew T., and Rowe David A. (1999). Measurement for Evaluation in Physical Education and Exercise Science. Mc Graw Hill.

Paper:- 6

DPSPCT34106	**Ethics and Professionalism in Coaching**	**60 Hours**
TH – P – TUT		**3 – 2 – 1**

Objective	Ethics and Professionalism in Coaching are fundamental to maintaining integrity, fairness, and respect in sports. This subject focuses on the moral responsibilities of coaches, the impact of ethical decision-making, and the role of professionalism in fostering a positive sports environment.
Learning Outcome	The study of **Ethics and Professionalism in Coaching** equips coaches with the necessary knowledge and skills to foster **integrity, fairness, and responsibility** in sports. It ensures that coaches create a **positive, respectful, and inclusive** environment while upholding the highest ethical standards.

Unit-1:-

- Athlete-centered coaching approach
- · Mental health and well-being in sports
- · Safeguarding and child protection in coaching

- · Preventing abuse, harassment, and discrimination

Unit 2:-

- Frameworks for ethical decision-making
- Handling conflicts of interest
- Ethical considerations in team selection and player management
- Case studies on ethical challenges in coaching

Recommended Readings:-

1. **"Coaching for Character: Reclaiming the Principles of Sportsmanship" – Craig Clifford & Randolph Feezell**
2. **"The Ethics of Coaching Sports: Moral, Social and Legal Issues" – Robert L. Simon**
3. **"Fair Play: The Ethics of Sport" – Robert L. Simon**

Theory Based Practical:-

- Theory & program design of strength development.
- Theory & program design of endurance development.
- Theory & program design of speed development.
- Theory & program design of mobility coordinative abilities development.
- Designing Resistance training programme for beginners, advanced and elite sportsmen.
- Designing and Evaluation for Variable Resistance Training (VRT) with intensity and volume
- Designing and Evaluation for Balance, speed and agility training exercises.
- Designing flexibility training schedule, PNF Stretching
- Designing and Evaluation of Endurance Training Programme (continuous, interval and fartlek training)
- Designing and Evaluation of Circuit Training programme

- Designing and Evaluation of a Plyometric training programme.
- Tapering planning for athletes.