



Indraprastha College for Women

University of Delhi

WORK PLAN FOR ODD SEMESTER – 2026

Course Name:	Generic Elective
Paper Title:	INTRODUCTION OF SPORTS TRAINING
Unique Paper Code:	2554000017
Semester:	7
Faculty:	Dr. Himani Malhotra
Year:	2026-27

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
1	The main objective of this paper is to provide the students with a basic understanding of sports and awareness of the technical and scientific basis of preparing sportspersons, while developing insights, potential, and skill with motivation and purpose.	1	Introduction, meaning and definition of sports training
		2	Aim and objectives of training
		3	Principles of sports training
		4	Principles: overload, progression and adaptation
		5	Principles: individuality, specificity and Continuity
		6	Unit I Revision
2		7	Strength: definition and types
		8	Strength: development and application
		9	Endurance: definition and types
		10	Endurance: development and application
		11	Speed: definition and types
		12	Speed: development and application
		13	Flexibility: definition and types
		14	Flexibility: development and application
		15	Coordinative ability: definition and types

		16	Coordinative ability: development and Application
		17	Unit II Revision
3		18	Technical training: concept and importance
		19	Technical training: principles and application
		20	Tactical training: concept and importance
		21	Tactical training: principles and application
		22	Circuit training: concept and principles
		23	Weight training: concept and principles
		24	Circuit and weight training: application
		25	Unit III Revision
4		26	Training load: concept and components
		27	Training load: volume, intensity and density
		28	Recovery: concept and importance
		29	Load, recovery, adaptation
		30	Introduction to Periodization
		31	Periodization: phases and planning
		32	Periodization: application in sports
		33	Training plan: integration of load, recovery and periodization
		34	Unit IV Revision
		35	Comprehensive Revision
		36	Question discussion
		37	Internal Assessment/Practical preparation
		38	Training objectives and practical orientation
		39	One-week training programme – planning
		40	One-month training programme – framework
		41	Circuit training –principles and station Selection
			Circuit training –sequencing and workload
		42	Circuit training –practical execution
		43	Circuit training –modification/progression
		44	Integrated circuit programme – execution
		45	Practical record, revision and assessment preparation

Unit	Contents/Syllabus
I	UNIT I: INTRODUCTION TO SPORTS TRAINING (11 Hours) 1.1 Introduction, Meaning & Definition of Training 1.2 Aim & Objective of Training 1.3 Principles of Sports Training
II	UNIT II: FITNESS COMPONENTS (12 hrs lecture) 2.1 Strength: Definition and its Types 2.2 Endurance: Definition and its Types 2.3 Speed: Definition and its Types 2.4 Flexibility: Definition and its Types 2.5 Coordinative Ability Definition and its Types
III	UNIT III: TRAINING PROCESS (11 hrs lectures) 3.1 Technical Training 3.2 Tactical Training 3.3 Circuit & Weight Training
IV	UNIT IV: LOAD ADAPTATION AND PLANNING (10 hrs lectures) 4.1 Overview of Training Load & Recovery 4.2 Introduction to Periodization
S. No.	Name of Authors/Books/Publishers
1.	Bill Foran, High Performance Sports Conditioning.
2.	G. Gregory Haff & N. Travis Triplett, Essentials of Strength Training and Conditioning. 4th Edition, Human Kinetics, 2016
3.	Beachle, T.R.: Earle, R.W.: Essentials of strength training and conditioning, NSCA Publication, 2000.
4.	G. Gregory Haff & N. Travis Triplett, Essentials of Strength Training and Conditioning. 4th Edition, Human Kinetics, 2016
5.	Singh, H.: Science of Sports Training. DVS Publication, New Delhi, 1991
6.	John SK (2014). 'Health Fitness and Wellness' ISBN No: 978 93 8218665 6 Prestige Books Internat

	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3		2
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment/Presentation - Class Test - Attendance		30
		12	
		12	
		6	
2.	Continuous Assessment (Tutorial) - Activity 1 - Activity 2 - Attendance		NA
		NA	
3.	Practical - Continuous Assessment/File - End Term Written/Practical Exam - Viva		40
		10	
		20	
		10	
4.	End Semester Examination		90
	Total		160