

SYLLABUS FOR THE POST OF COACH GRADE IV (JUDO)

Modules	Topics	Contents	Module outcomes/competencies of a coach
1- Domain Knowledge	Chronology of development of judo	<ul style="list-style-type: none"> □ Chronology of Olympics □ Chronology of non-Olympics National 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to better invent and understand current performance structure of concerned sport discipline - Will be able to work effectively. - Will be able to interpret International rules and impact thereof on training
	Different agencies of sports.	<ul style="list-style-type: none"> □ IOA, NSFs, □ SAL, NIS IOC, □ ISFs, 	
	International rules/laws of IJF	<ul style="list-style-type: none"> □ Field of □ Plays/Arena of judo □ Age and competition categories □ Competition system □ Refereeing/official body 	



<p>2- About founder of judo</p>	<p>profiles of prof.jigoro kano.</p>	<ul style="list-style-type: none"> ▣ All about ▣ PROF..Kano,s ▣ childhood, education, physical appearance and leadership etc 	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to understand his efforts hard working and how he origin of judo and develop worldwide
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3- Skill/technique acquisition	Warm-up	<ul style="list-style-type: none"> □ Meaning, types and importance of warm-up. □ Structure, principles and mechanism of warm-up 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to help their athletes adapt to a warm-up set - Will help their players develop an individual technique/combination of techniques
	Technique/skill	<ul style="list-style-type: none"> □ Meaning, and classification of judo technique 	
4- Physical/bio-motors	Specific conditioning/fitness	<ul style="list-style-type: none"> □ Aerobic endurance and methods to develop it □ Anaerobic endurance and methods to develop it □ Strength (muscular force) and methods to develop it □ Power and methods to develop it □ Flexibility and methods to develop it 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to help their athletes develop their fitness

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5- Sport talent	Talent identification and selection	Defining the talent in judo Procedure of talent selection	After completion of this module, attendees - Will be able to spot and select talented judoka
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<p>6- Sports Planning</p>	<p>Basis of planning and types</p>	<ul style="list-style-type: none"> ▯ As per duration <ul style="list-style-type: none"> - Session plan - Micro/weekly plan - Meso plan - Macro/yearly plan ▯ As per developmental/calendar age <ul style="list-style-type: none"> - Grass root - Beginners - Intermediate - Advance 	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to make an effective plan for different time period - Will be able to make and review plan for different age group athletes
<p>7- Coaching dynamics</p>		<p>Contents will be added by Expert</p>	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to define their role as coach - Will be able to develop and display a positive and athlete centric coaching philosophy
<p>8- Professional Development</p>		<p>Contents will be added by Experts</p>	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to display presentation skills



			<ul style="list-style-type: none"> - Will be able to manage coaching program effectively (managerial skills)
9- Sports sciences (Strength and conditioning, Kinesiology- biomechanics, sports medicine, sports anthropometry, sports physiology, sports nutrition, sports bio-chemistry, sports psychology)		Subject wise topics/contents will be added by Sports Scientists	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to apply scientific principles while coaching their athletes



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1- Sports Teaching/pedagogy	Lesson plan	<ul style="list-style-type: none"> - Structure of lesson plan: into, main, concluding, objectives etc. - Practice of lesson plan 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to teach different techniques to their judoka Will be able help their athletes learn and utilize tactical aspect of judo sport
	Techniques/skills	<ul style="list-style-type: none"> - Different Techniques/skills of judo 	
	Tactics/techno-tactical/systems of play/team tactics	Different Tactics/techno-tactical/systems of play/team tactics in judo team competition	
2- Sports Training	Technique/skill training	Different judo practice method	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able help their athletes to adapt individual technical combinations
	Bio-motor/fitness training	<ul style="list-style-type: none"> - load dynamics of different conditional 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able help their athletes improve their



		abilities	physical fitness
3- Sports Coaching	Analysis: qualitative and quantitative/empirical	<ul style="list-style-type: none"> - Analysis of different on the field situations – including techniques – and to find the solutions thereof through analysis under the guidance of mentor - Preparing the drills under the guidance of mentor 	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to analyze different training/competition problems and find the solutions thereof independently - Will be able to create/make different drills independently

