

**BLOCK AND DETAILED SYLLABUS**  
**SPORTS COACHING COURSE (MALE/FEMALE)**

**GENERAL**

1. Sports Coaching Course (Male / Female) is design to learn how to organize and take over sports programme at unit level. As well as give a throw knowledge, educated in the sport coaching techniques and fundamental of such sports

**AIM**

2. To teach the basics of Sports Coaching and All Sports, Theory/ Practical of to ranks beyond Sgts so as to enable personal to undertake coaching programs at Unit level and training establishments.

**OBJECTIVES**

3. The scope of training for the Advance PTI course (Male & Female) at the APTS will be as follows:
- a. To enhance the knowledge of games and skills.
  - b. To improve the sport coaching system at unit level and training establishment.
  - c. To improve the knowledge regarding Games Organizing, functions and rules.
  - d. To maintain physical fitness and endurance.

**STUDENTS**

4. 30 Male & Female Soldiers Allocated For The Course

**ALLOCATION OF VACANCIES**

- 5.
- a. ACCORDING TO THE REGIMENTS
    - 1. Support Arms
    - 2. Infantry
    - 3. Service
    - 4. SL Navy
    - 5. SL Air force
    - 6. Foreign Students
- } Instructions about vacancies given by  
- } Directorate of Training  
- }

**DURATION**

6. It includes following facts under this heading

Opening and Closing Dates of the Course	- 08 Jan 2018 to 21 March 2018
Total Number of working days	- 50 days
Number of periods per day	- 9
Periods per Saturday	- 5
Number of week days periods	- 450
Number of weekend periods	- 30
Total periods of Course	- 480

- Night Periods added as appropriately
- Time allocated for self studies
- Number of periods per day adjusted appropriately
- Saturdays will be considered as half day (0545 hrs to 1215 hrs) except days on which, the exercises are conducted

**HOURS OF WORK**

7. Number of periods per day is as follows:

0545-0645	Morning PT sessions
0700-0800	Breakfast
0815- 0855	Period -1
0900 - 0940	Period -2
0945 - 1025	Period -3
1025 - 1045	Tea Break
1050 - 1130	Period- 4
1135 - 1215	Period -5
1220 - 1300	Period -6
1300 - 1400	Lunch Break
1400 - 1440	Period -7
1445 - 1525	Period -8
1525 - 1545	Tea Break
1550 - 1630	Period -9
1645 - 1800	Evening PT session

**SUBJECTS AND DISTRIBUTION OF PERIODS**

8.

<b>SER</b>	<b>SUBJECT</b>	<b>CODE</b>	<b>PERIODS</b>
01	Static Stretching Exercises	STRETCH	37
02	Human Rights	HR	06
03	Sports Biology	SP	06
04	Sports Sociology	SS	10
05	Sport Injuries & Medicine	SIM	10
06	Preparing Of Training Plan	PTP	26
07	Sport Physiology	SP	06
08	General Theory Of Training	GTT	25
09	Planning Beach Training	PBT	26
10	Athletic Track Marking	ATM	05
11	Diet & Nutrition	D&N	06
12	High Altitude Training	HAT	10
13	Cardio Pulmonary Resuscitating	CPNR	09
14	Athletic	ATH	10
15	Volley Ball	VB	08
16	Planning Energy Exercise	PEE	10
17	Basket Ball	BB	08
18	Table Tennis	TT	10
19	Foot Ball	FB	10
20	Sport Nutrition	SN	09
21	Competitions & Organising	CO	10
22	Boxing	BOX	04
23	Wrestling	WREST	05
24	Net Ball	NB	10
25	Rugby Foot Ball	RFB	09
26	Game Arrangement And Draw	GAD	15
27	Badminton	BD	05
28	Arrangements And Athletic Ground Track Mark	AAGT	10
29	Hockey	HOC	08
30	Cricket	CRI	10
31	Swimming	SWM	08
32	Duties Of Referee And Judge	DRJ	14
33	Elle	Elle	05
34	Kabbadi	KAB	05
35	Squash	SQ	08
36	Beach Training	BT	05
37	Teaching Practical	TP	15
38	Weight Training	WT	20
39	Hand Ball	HB	05
40	Recreation Training	RT	28
41	<b>Total pds</b>		<b>446</b>
42	<b><u>Extra pds (for final test, visiting lecture)</u></b>		<b>34</b>
43	<b>Periods available</b>		<b>480</b>

**DETAILED SYLLABUS****09.****(01) STATIC STRETCHING EXERCISE**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	STRETCH	Static Stretching Exercises	Schedule 1 Demonstration	04
2.			Practical	33
<b>TOTAL</b>				37

**(02) HUMAN RIGHTS**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	HR	Human Rights	Behaviour	01
2.			Action/Video	01
3.			Basic Categories of Person & object	01
4.			ICRC	01
5.			Command Responsibilities	02
<b>TOTAL</b>				06

**(03) SPORTS BIOLOGY**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SB	Sports biology	Lecture & Practical	06
<b>TOTAL</b>				06

**(04) SPORTS SOCIOLOGY**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SS	Sports Sociology	Lecture & Practical	10
<b>TOTAL</b>				10

**(05 ) SPORTS INJURIES & MEDICINE**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SIM	Sports Injuries & Medicine	Lecture & Practical	10
<b>TOTAL</b>				10

**(06 ) PREPARING OF TRAINING PLAN**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	PTP	Preparing Of Training Plan	Lecture & Practical	26
<b>TOTAL</b>				26

**(07) SPORTS PHYSIOLOGY**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SP	Sports Physiology	Theory of Physiology	03
2.			Battle Physiology	03
<b>TOTAL</b>				06

**(08) GENERAL THEORY OF TRAINING**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	GTT	General Theory of training.	How to develop of fitness	04
2.			Aerobic & anaerobic Ex	03
3.			Military fitness	03
4.			Test Measurement	05
5.			How to develop of fitness	05
6.			Fitness Test	02
7.			Class Taking	03
<b>TOTAL</b>				25

**(09) PLANNING BEACH TRAINING.**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	PBT	Planning Beach Training	Lecture & Practical	26
<b>TOTAL</b>				26

**(10) ATHLETIC TRACK MARKING**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	ATM	Athletic Track Marking	Track Marking	05
<b>TOTAL</b>				05

**(11) DIET & NUTRITION**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	D&N	Diet & Nutrition	Food Group & Nutrition	01
2.			Calorie Chart	01
3.			Mineral salt & Vitamins	01
4.			Carbohydrate & Protein	01
5.			Fat	01
6.			Water & Fibre diet	01
<b>TOTAL</b>				06

**(12) HIGH ALTITUDE TRAINING**

RESTRICTED

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	HAT	High Altitude Training	Lecture & Practical	10
<b>TOTAL</b>				10

**(13) CARDIO PULMONARY RE-SUSCITATION**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	CPR	Cardio Pulmonary Re-Suspitation	1 Man CPR System Lecture	04
2.			2 Man CPR System Lecture	04
3.			Practical	02
<b>TOTAL</b>				10

**(14) ATHLETIC**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	ATH	Athletic	Coaching Skill	02
2.			Officials & Rules	02
3.			Track Marking	06
<b>TOTAL</b>				10

**(15) VOLLEY BALL**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	VB	Volley ball	Revision	01
2.			Officials & Rules	01
3.			Refereeing Duty	02
4.			Match Organizing	02
5.			Coaching Skills	02
<b>TOTAL</b>				08

**(16) PLANNING ENERGY EXERCISE**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	PEE	Planning energy Exercise	Lecture & Practical	10
<b>TOTAL</b>				10

**(17) BASKET BALL**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)

RESTRICTED

1.	BB	Basket ball	Revision	01
2.			Referee & score sheet marking	02
3.			Referee & Judging	02
4.			Official power / Coaching Practical	02
5.			Coaching Skills	01
<b>TOTAL</b>				08

**(18) TABLE TENNIS**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	TT	Table Tennis	Revision	02
2.			Rules & regulation	04
3.			Match Organizing	04
<b>TOTAL</b>				10

**(19) FOOT BALL**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	FB	Foot Ball	Revision- Introduction, dimension Dress & Equipment	02
2.			Officials & Rules	02
3.			Referee Duties	02
4.			Match Organizing	02
5.			Coaching Skills	02
<b>TOTAL</b>				10

**(20) SPORT NUTRITION**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SN	Sport Nutrition	Lecture & Practical	09
<b>TOTAL</b>				09

**(21) COMPETITION & ORGANIZING**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	CO	Competition & Organizing		10
<b>TOTAL</b>				10

**(22) BOXING**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BOX	Boxing	Revision – Introduction, dress & Equipment	01

RESTRICTED

2.			Rules & regulation	01
3.			Meet Organizing	01
4.			Coaching Skills	01
<b>TOTAL</b>				04

**(23) WRESTLING**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	Wrest	Wrestling	Revision- Introduction mat, dress & Equipment	01
2.			Rules & regulation	02
3.			Meet Organizing	01
4.			Coaching Skills	01
<b>TOTAL</b>				05

**(24) NET BALL**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	NB	Net Ball	Theory	05
2.			Practical	05
<b>TOTAL</b>				10

**(25) RUGBY FOOT BALL**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	RFB	Rugby Foot Ball	Revision- Introduction, dimension Dress & Equipment	01
2.			Match Organizing	03
3.			Rules & regulation	02
4.			Signals / Match Organizing & Coaching	03
<b>TOTAL</b>				09

**(26) GAME ARRANGE MEANT AND DRAW.**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	GAD	Game Arrange Meant And Draw	Lecture & Practical	15
<b>TOTAL</b>				15

**(27) BADMINTON**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BAD	Badminton	Revision	01
2.			Rules & Regulation	01



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3.			Coaching Practical	02
4.			Meet Organizing	01
<b>TOTAL</b>				05

**(28) ARRANGEMENTS OF ATHLETICS GROUND AND TRACK MARKING**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	AAG	Arrangements Of Athletics Ground And Track Marking	Lecture & Practical	10
<b>TOTAL</b>				10

**(29) HOCKEY**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BAD	Badminton	Revision	02
2.			Rules & Regulation	02
3.			Coaching Practical	02
4.			Meet Organizing	02
<b>TOTAL</b>				08

**(30) CRICKET**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	CRI	Cricket	Revision	02
2.			Rules & Regulation	02
3.			Coaching Practical	03
4.			Meet Organizing	03
<b>TOTAL</b>				10

**(31) SWIMMING**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SWIM	Swimming	Revision	02
2.			Officials	02
3.			Coaching Practical	02
4.			Meet Organizing	02
<b>TOTAL</b>				08

**(32) DUTIES OF REFERENCE AND JUDGE**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SWIM	Swimming	Duties Of Reference And Judge	04
2.			Lecture & Practical	10

<b>TOTAL</b>	14
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**(33) ELLE**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	Elle	Elle	Revision	01
2.			Officials	01
3.			Coaching Practical	02
4.			Meet Organizing	01
<b>TOTAL</b>				05

**(34) KABBADI**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	KAB	Kabbadi	Revision	01
2.			Officials	01
3.			Coaching Practical	02
4.			Meet Organizing	01
<b>TOTAL</b>				05

**(35) SQUASH**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	Squ	Squash	Revision	02
2.			Officials	02
3.			Coaching Practical	02
4.			Meet Organizing	02
<b>TOTAL</b>				08

**(36) BEACH TRAINING**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BT	Beach Training	Lecture & Practical	05
<b>TOTAL</b>				05

**(37) TEACHING PRACTICAL**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	TP	Teaching Practical	Class Taking	15
<b>TOTAL</b>				15

**(38) WEIGHT TRAINING**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	WT	Weight Training		20
<b>TOTAL</b>				20

**(39) HAND BALL**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	HB	Hand Ball	Theory	03
2.			Practical	02
<b>TOTAL</b>				05

**(40) RECREATION TRAINING**

Ser	Subject	Mode	Periods
(a)	(c)	(d)	(e)
	Recreational Training	Hand Ball	02
1.		Boxing	01
2.		Wrestling	01
3.		Volley Ball	02
4.		Basket Ball	01
5.		Rugby	01
6.		Foot Ball	01
7.		Hockey	01
8.		Athletics	02
9.		Swimming	01
10.		Badminton	01
11.		Table Tennis	01
12.		Squash	01
13.		Cricket	01
14.		Elle	01
15.		Kabbadi	01
16.		Net Ball	01
<b>TOTAL</b>			20

**(41) MISCELLANEOUS**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)

RESTRICTED

1.		Miscellaneous	Opening Address	01
2.			Final Written Test	03
3.			Final Test	26
4.			Closing Address	04
<b>TOTAL</b>				34

**ASSESSMENT CRITERIYA**

**10.**

<b>Ser</b>	<b>Subject</b>	<b>Marks</b>	<b>Percentage</b>
(a)	(b)	(c)	(d)
1.	Referee	250	25%
2.	Training	250	25%
3.	Presentation	250	25%
4.	Written Test	250	25%
<b>TOTAL</b>		1000	100%

**GRADING SYSTEM**

**11.** By considering the assessment criteria following grading system to be adopted.

- a. 90 - 100 - (A)Excellent
- b. 80 - 89.9 - (B) Good
- c. 60 - 79.9 - (C) Above Average.
- d. 50 - 59.9 - (D) Average.
- e. 40 - 49.9 - (E) Below Average.
- f. 39.9 Below - (F) Fail.