

SPORTS AUTHORITY OF INDIA
In association with National Sports Federation

COACH EDUCATION PROGRAMME

1. SESSION ON SPORTS SCIENCES:

1.	SPORTS SCIENCE SESSION	15.04.2020 onwards	5.00 -6.00 PM	ZOOM MEETING ID 835-9998-8550	NODAL OFFICE- SAI NSNIS Patiala
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2. SESSION ON COACHING SKILLS:

S.N	Name of the Sports Discipline	Date of start of training session	Timings	ZOOM Address	Nodal Office
1.	Athletics	16.04.2020	3.00 – 4.30 PM	574-072-8911	SAI NSNIS Patiala
2.	Boxing	16.04.2020	4.00 – 5.00 PM	469-955-0996	
3.	Fencing	16.04.2020	10.00-11.00AM	707-363-1594	
4.	Weightlifting	16.04.2020	10.00-11.00AM	876-076-7045	
5.	Wrestling	16.04.2020	10.00-11.00AM	821-520-9769	
6.	Gymnastics	14.04.2020	12.00 – 1.00PM	615-669-094 PW:519150	SAI NSEC Kolkata
7.	Table Tennis	14.04.2020	12.00 – 1.00 PM	854-858-97132	
8.	Archery	13.04.2020	9.00 – 10.00 AM	288-782-815	
9.	Swimming	15.04.2020	10.00 – 11.00 AM	693-843-708 PW:374624	
10.	Judo	15.04.2020	10.30-11.30 AM	840-0966-0830	
11.	Volleyball	15.04.2020	10.30-11.30 AM	967-2312-0199	SAI NSSC Bengalure
12.	Badminton	To be intimated.			
13.	Hockey				
14.	Cycling	14.04.2020	10.00 – 11.00 AM	996-407-1910 PW:4NklQd	SAI LNCPE Trivandrum
15.	Football	15.04.2020	10.00 – 11.00 AM	596-013-5641 PW:4NvLza	
16.	Taekwondo	14.04.2020	10.00 -11.00 AM	848-141-0850 PW:7kfK2S	

COACH DEVELOPMENT PROGRAMME – SPORTS SCIENCE LECTURES FROM 5.00-6.00 PM

<u>Date</u>	<u>Subject</u>	<u>Speaker</u>	<u>Topic</u>
16.4.2020	Physiology	Dr Nikhil Latey Sport Scientist, Consultant ActivMed	Physical and physiological changes in growing athletes
17.4.2020	Bio Chemistry	Dr Nikhil Latey Sport Scientist, Consultant ActivMed	Assessments and their importance
18.4.2020	Strength & Conditioning	Dr Manilal KP Head Sports Science NIS Bengaluru	Designing Training programme for strength training and strength training modalities
20.4.2020	Strength & Conditioning	Dr Manilal KP Head Sports Science NIS Bengaluru	Designing Training programme for strength training
21.4.2020	Strength & Conditioning	Dr Manilal KP Head Sports Science NIS Bengaluru	Strength Training Methods
22.4.2020	Physiotherapy and Injury Prevention	Dr. Sachin Bhullar Specialist Physician in Sports and Exercise medicine working in Victoria-Australia Track cycling -Field of play doctor for RIO Olympics	Injuries on Field of Play and how to avoid them
23.4.2020	Physiotherapy & Injury Prevention	Shrikant Iyengar Sports Physiotherapist and Clinical Director Pro Health Asia	Loading Management and Injury prevention in Youth & Adolescent Athletes
24.4.2020	Physiotherapy & Injury Prevention	Shrikant Iyengar Sports Physiotherapist and Clinical Director Pro Health Asia	Managing soft tissue injuries in sports”
25.4.2020	Sports Medicine	Dr Pradeep Kocchepan Consultant Apollo Hospitals Bengaluru	Sports Injuries with special relevance to team games
27.4.2020	Nutrition	Mr.Ryan Fernando Chief Nutritionist Qua Nutrition	Basic Nutrition and Calculation of Calories
28.4.2020	Nutrition	Mr.Ryan Fernando Chief Nutritionist Qua Nutrition	Supplements - Protein (Whey, Casein, Vegan), BCAA, Glutamine, Sports Drinks, OMEGA 3, Creatinine, Multivitamin
29.4.2020	Nutrition	Mr.Ryan Fernando	Understanding Blood tests and

		Chief Nutritionist Qua Nutrition	Body measurements to guide athletes eating
30.4.2020	Sports Psychology	Dr Chaitanya Sridhar Consultant Psychologist	Stress Management
1.05.2020	Sports Psychology	Dr Jolly Roy Professor CSSR Chennai	Motivation & Self Determination
2.05.20	Sports Psychology	Mugda Barve Sports Psychologist Director Disha Counselling	Emotional Strength
4.05.2020	Bio Mechanics	Dr Anshoo Mahlotra Consultant Bio-Mechanist NIS Patiala	Techniques & Bio Mechanics
5.05.2020	Bio Mechanics	Dr Saju Joseph HPD South	Theoretical Insight into Running Mechanics
6.05.2020	Bio Mechanics	Dr Saju Joseph HPD South	Anterior Knee Pain (Patellar Tendonitis) Management and Modification in Bike Fitting for a Track Cyclist
7.05.2020	Bio Mechanics	Dr Saju Joseph HPD South	Technical Analysis & Prevention of Injuries
8.05.2020	Anthropometry	Dr Meenu Dhingra SSO, Anthropometry HPL, Delhi	Anthropometric qualities for Talent Identification and Development
9.05.2020	Sports Physiology	Mr. Hanjabam Sharama MD Physiology SR resident AIIMS	Physiology of Strength training
11.05.2020	Strength & Conditioning	Wayne Lombard Strength & Conditioning Expert Hockey India	Training for Performance
12.05.2020	Doping	Dr. Ashok Ahuja Ex SSO, Sports Medicine NIS Patiala	Doping and its Hazards, how to prevent young athletes from Doping