



**SPORTS AUTHORITY OF INDIA**  
**NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS**  
**OLD MOTI BAGH, PATIALA-147001**

# **THREE WEEKS REFRESHER COURSE FOR SPORTS COACHES**

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**Date:**  
**10th October 2022**  
**Onwards**

**Duration:**  
**3 weeks**



**Mode of the Course:**

- 1st Week - Online Classes
- 2nd Week - Assignment
- 3rd Week - Offline Classes
- Practical Schedule will be circulated separately.

**Maximum Participation in the Course :**  
50 Coaches per batch/per sports discipline

**Eligibility/Selection Criteria:**

1. Qualified Coach in the concerned discipline.
2. First come First serve basis.
3. Sr. coach as per their experience would be preferred first.

**Objectives of the course:**

- To orient about the rule-change and effect thereof on performance factors
- To familiarize with effective communication skills and its importance amongst various stakeholders in sports
- To discuss code of conduct as applied to sports ecosystem
- To educate about the use of Applied Sports-Sciences and its importance in coaching
- To apprise with the different channels of Updating: especially, scientific research.

**Learning Outcomes:**

- To apply the necessary skills, knowledge and experience in delivering a coaching program and demonstrate their coaching ability
- To define and use the principles of performance profiling, goal setting and designing, planning and evaluating the training program and practice.
- To create an effective coaching environment, establish supportive working relationships and manage the behavior of players and others
- To identify and explain own coaching styles
- To evaluate their own communication skills and action plan to increase their effectiveness
- To value the latest technology and innovations in sports
- To analyze and identify the current performance factors of their chosen sport in the face of change-rules

**Course Fees:**

Rs. 18,800/- per candidate

**Application procedure:**

Through SB Collect.

**Steps For SBI Collect:**

- <https://www.onlinesbi.com>
- GO-SB Collect
- New Version -> select the check box->proceed
- State of institute ->select Punjab
- Type of Institute-> select Education Institution ->Go
- Education Institute Name-> Select Sports Authority of India. Submit
- Select payment category-> Three Week Refresher Course for Sports Coaches.
- Fill the Form-> Submit

**Google link for Registration:**

<https://forms.gle/qtoZcBrjyBDGqNvB7>

**Assessment Format of Refresher Course**

Total marks of whole course: 100

- Formative (40 marks)
- Summative (60 marks)

**Modules:**

- Main Sports
- Professional Development
- Sport Nutrition
- Sport Psychology
- Strength and conditioning
- Sport medicine
- Exercise Physiology
- Biomechanics
- Sport Management
- Coaching Dynamics
- Sport anthropometry
- Technology in Sports



# SPORTS AUTHORITY OF INDIA

## Netaji Subhas National Institute of Sports, Patiala

This Institute is popularly known as the "Mecca" of Indian Sports and has produced Coaches of high caliber. Established by the Government of India on 7th May, 1961 with the objective of developing sports in the country on scientific lines and to train the Coaches in different sports disciplines.

The Institute is going to conduct Three Week Refresher Course in 24 sport disciplines for sport coaches in four academic centre:

- 1) SAINSNIS, Patiala
- 2) SAINSEC, Kolkata
- 3) SAINSSC, Bangalore
- 4) SAILNCPE, Thiruvananthapuram

National Institute of Sports is the main academic center of Sports Authority of India and conducting the following academic courses in various disciplines:

- M.Sc. (Sports Coaching)
- Post Graduate Diploma In Sports Medicine
- Diploma In Sports Coaching
- Six Week Certificate Courses In Sports Coaching
- Skill Development Certificate Courses
- Refresher Course In Sports Coaching
- Advance Sports Massage Course
- Basic Sports Massage Course

