



Rajiv Gandhi University

Rono Hills, Arunachal Pradesh

Faculty of Physical Education and Sports Sciences

(A Centre of Excellence on Sports Science
Education and Research)

in Collaboration with

IQAC

Rajiv Gandhi University, Arunachal Pradesh

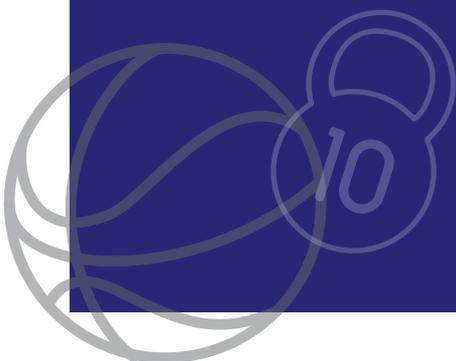
Organise

One Week Online Workshop on

Assesment and Management of

STRENGTH

18th to 24th June, 2021



FI
INDIA

BACKGROUND NOTE

Faculty of Physical Education and Sports Sciences in collaboration with IQAC, RGU with the vision of Sasakt Bharat going to conduct a Seven Day Workshop on **"Assessment and Management of Strength"** from 18th to 24th June 2021 to educate and train the teaching, coaching and training fraternity about assessment and management of strength. As strength is classic performance ability of all athletes. It is vital to power development at higher level of force and provides the physiological stimuli needed for collateral development of other systems. The development of strength is crucial for almost all sports for potentially different reasons. (Bill Foran).

Thus, development of strength according to requirement of athletes is crucial. It require appropriate testing to know the exact level of strength in athletes which can enable the trainers to provide customized strength training module for the specific need of athletes.

In North-Eastern region, our department will be the first centre to host a workshop on Assessment and Management of Strength with international experts which may be a step towards **Kaushal Bharat Kushal Bharat**.

The workshop will provide an opportunity to learn the scientific concept of strength assessment and management which has been an essential skill in the fitness and sports industry which is also offering healthy job opportunities for the aspirants.

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KAUSHAL BHARAT
Kushal Bharat

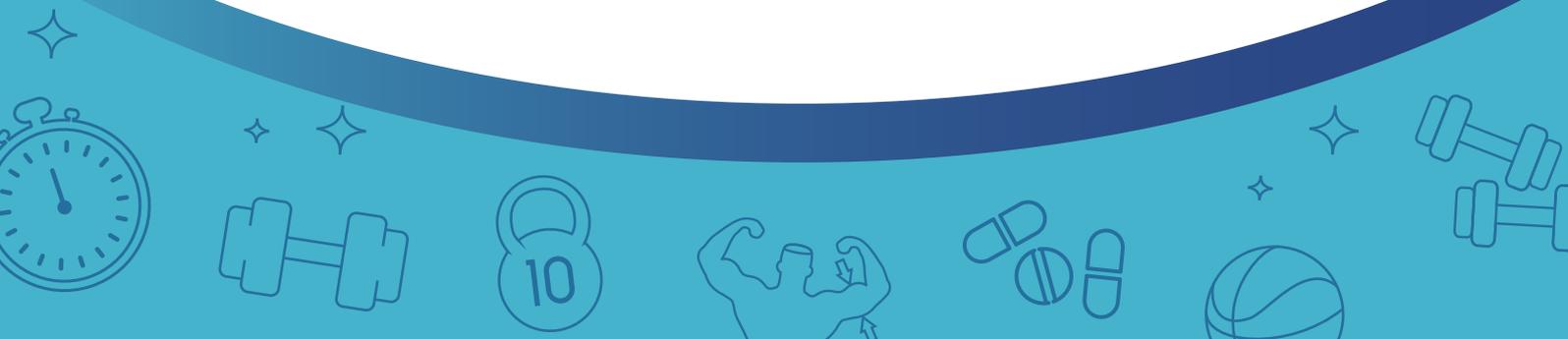


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OBJECTIVES OF THE WORKSHOP



- #1** To introduce performance-based Strength & Conditioning concept by covering a variety skills required for performance sport.
- #2** Give a deeper understanding of strength training.
- #3** To develop the movement competency through assessment of movement.
- #4** To develop competency in need analysis for different sports.
- #5** To give an insight into methods used across performance sport across the world.
- #6** Give attendees practical experience trying new methods and applying new concepts for development of strength.
- #7** Allow participants to apply new information for the athletes they work with.



THEMES OF DISCUSSION



- #1** Movement Competency and Initial Assessment of Athlete
- #2** Facts and Myths of Strength and Strength
- #3** Load Assignment
- #4** Use of Technology in Strength Training
- #5** Needs Analysis of Strength in Elite Sports
- #6** Planning Strength Training in a Busy Calendar
- #7** Testing Strength in Football Squad
- #8** Practical: Strength Assessment
- #9** Practical: Programme Designing based on Result
- #10** Management of Athletes in Weight Room
- #11** Creating Performance Environment
- #12** Exercise Categories and Exercise Selection
- #13** Programme Designing and Monitoring for Development of Strength



WHO CAN PARTICIPATE

Fitness Coaches working in Sport

Faculties of Sports Sciences and

Physical Education

Physical Education Teachers

Personal Trainers

Physiotherapists

Sport Coaches

Sport Persons/Students

All Fitness Enthusiast Persons

ASSESSMENT, GRADING AND CERTIFICATION

On the final day of workshop, **an online written test** to assess the progress of participants will be held.

Participants responses will be **assessed by the experts of workshop** and grade will be assigned by the experts to the participants according to their performance. Grade assigned by the experts will be **reflected in the certificate of participants**.

Certificates will be mailed to the participants **fifteen days** after completion of workshop.

WORKSHOP FORMAT



Meet

Platform:
Google Meet

200

REGISTRATION
LIMIT

Note: Also all the sessions will be recorded for attendance and monitoring purposes.

KEYNOTE SPEAKER

ANAND DATE

*Strength and Conditioning Coach
at National Cricket Academy, BCCI*

He has previously worked with India Senior Team, India A Team and India Under 19 Team. He has also been with NCA since 2012.

MS Sports Science
ASCA Level 2



#2 MARTIN GALLYER

*Former Strength and Conditioning
Coach of Cricket West Indies*

Martin Gallyer has many years experience working within Performance Sport with a specialism in Strength and Conditioning and Sport Science. The highest profile roles have been his appointments with National Teams at World Cups (x2) and providing support for Professional Footballers.



#3 MARK FARRELL

*Performance Coach of Scottish Football
Association*

Mark is an extremely experienced practitioner. He has a BSc in Sports Coaching and an MPhil in Strength and Conditioning, both from the University of the West of Scotland. Mark is a BASES recognised sports scientist and has also obtained his UEFA A coaching license. He is currently a Sports Consultant and Sports Scientist for Forfar Athletic Football Club.





#4 ASIA JOSEPH

*Strength and Conditioning
Coach at Florida
International University*

Former UTT student-athlete Asia Joseph is now a full-time strength and conditioning coach at Florida International University (FIU).

She graduated with a bachelors' degree in Sport Studies specialising in both Exercise Science and Sport Management.

#5 YOGESH DWIVEDI

*Strength and Conditioning Coach,
High Performance Centre,
Sports Authority of Gujarat*



2021

JUNE 18 to 24



LAST DATE OF REGISTRATION

13 JUNE 2021

Seats are restricted to first **200** participants only.

REGISTRATION FEES

300/-

For Rgu Students

500/-

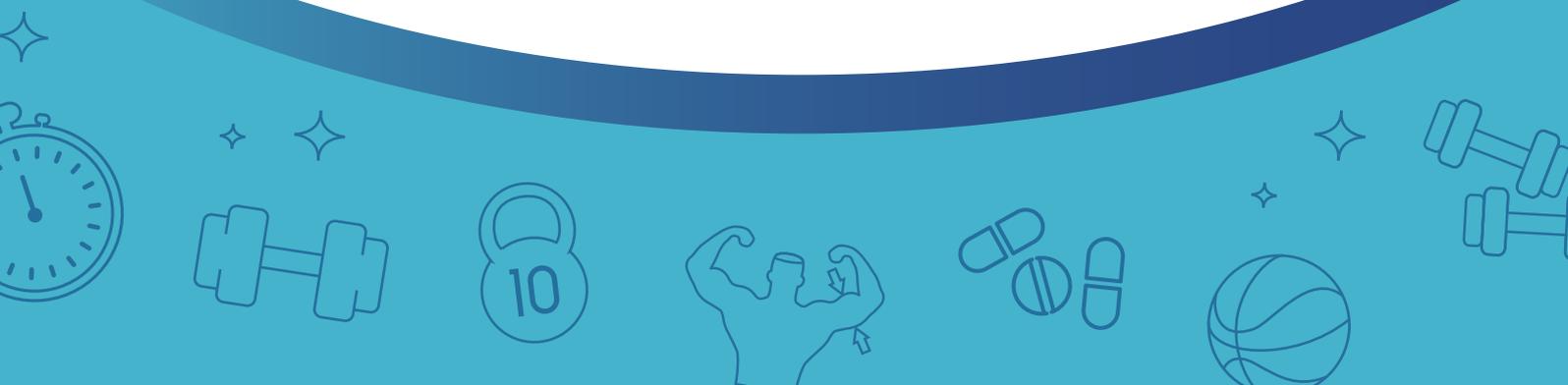
For Indian Participants

700/-

For Foreign Participants



CLICK HERE TO REGISTER



CHIEF PATRON



Prof. Saket Kushwaha

Vice-Chancellor,
Rajiv Gandhi University

PATRONS



Prof. Amitava Mitra

Pro Vice-Chancellor,
Rajiv Gandhi University



Dr. Nabam T. Rikam

Registrar,
Rajiv Gandhi University



Dr. R. C. Parida

Chairman, IQAC,
Rajiv Gandhi University



Dr. Tadang Minu (HoD)

Chairperson/Chairman

Convenor:

Dr. Vivek Kumar Singh

Co-convenor:

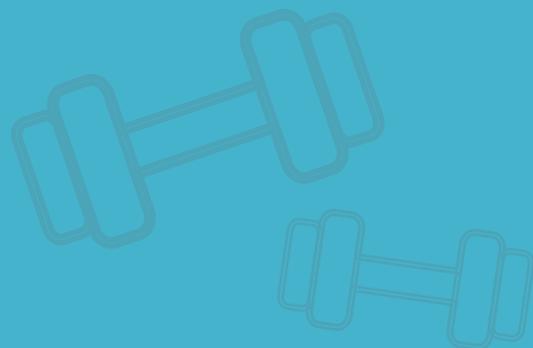
Dr. K. Rojeet Singh

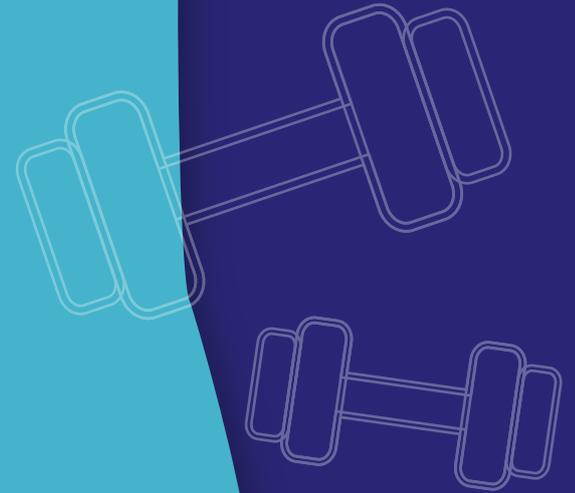
Advisors:

Dr. Anil Mili

Dr. Sambhu Prasad

Ms. Moyir Riba





Rajiv Gandhi University

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Arunachal Pradesh

*(A central university- recognised by the UGC as
university with Potential for Excellence)*

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