

**A Report of
Six Day Online Refresher Course for
Coaches and Instructors of
Sports Authority of Arunachal and
Directorate of Sports**



**Submitted
to
Rajiv Gandhi University**

**Conducted by
Department of Physical Education
and
Sports Authority of Arunachal**

Chief Patron



Prof. Saket Kushwaha
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Coordinator
Dr. Vivek Kumar Singh



Joint Coordinator
Dr. Tadang Minu



Joint Coordinator
Dr. Sambhu Prasad

ACKNOWLEDGEMENT

I express with innermost regard and sincerity, the sense of gratitude to our honorable Vice Chancellor, R.G.U, Prof. Saket Kushwaha for his constant guidance and support. I owe him Thanks for the way he has always encouraged me.

I extend my sincere gratitude to Gumnya Karbak, Director, Sports Authority of Arunachal, Government of Arunachal Pradesh for providing the privilege to host this Six day refresher course for their coaches and trainer.

Most of all, I express my deep sense of gratitude to the Chairman and Head, Dept. of Physical Education, Rajiv Gandhi University, Dr. Anil Mili, who always boosted my morale and has been a guide who helped me through thick and thin. I am indebted to you for your guidance.

I also extend my gratitude to Joint Coordinators of this six day Refresher Dr. Tadang Minu, Dr. K. Rojeet Singh and Dr. Sambhu Prasad for their time and cooperation, without which the event wouldn't have been made possible. I am also thankful to them for their valuable suggestions, technical support whenever we look towards them.

I must also thank to Rikpu Kamcham for all his support that he provided from the beginning to conclusion of this programme. He also helped us in circulation and popularization of this programme.

I will fail in my duty if I will not acknowledge the support and consent provided by all the esteemed resource persons of this refresher. We approached him for this programme and they not only accept our invitation, they also suggest some technical inputs to improve quality of this programme.

Dr. Vivek Kumar Singh
Coordinator

Part: 1

Preface

1.1 The University

Rajiv Gandhi University (formerly Arunachal University) is the premier institution for higher education in the state of Arunachal Pradesh and has completed thirty-six years of its existence. Late Smt. Indira Gandhi, the then Prime Minister of India, laid the foundation stone of the university on 4th February 1984 at Rono Hills, where the present campus is located. Ever since its inception, the university has been trying to achieve excellence and fulfil the objectives as envisaged in the University Act. The University received academic recognition under section 2(f) from the University Grants Commission on 28th March, 1985 and started functioning since 1st April, 1985. It received financial recognition under section 12-B of the UGC on 25th March, 1994. Since then Rajiv Gandhi University then Arunachal University has carved a niche for itself in the educational scenario of the country following its selection as a University with potential for excellence by a high-level expert committee of University Grants Commission from among universities in India. The University was converted into a Central University with effect from 9th April 2007, according to a notification by the Ministry of Human Resource Development, Government of India. Being the only Central University of the State at present there are Twenty Six (26) Departments and Two (02) Institutes functioning under Nine (09) Academic Faculties. The Faculty members have been actively engaged in research activities. The University has been maintaining its academic excellence and individuals from its alumni group are contributing at significant positions not only in State and Central Government Services, but also in various Institutions, Industries and Organizations. The University has continuously maintained its premier status among top hundred (100) educational institutions in NIRF ranking across India.

Department of Physical Education

Department of Physical Education a constituent unit of Rajiv Gandhi University (A Central University) established in the year 2015 to promote physical education and develop an interest among people regarding the need and importance sports and exercise which is medium to improve the community health. It is 1st and only one department of physical education in Arunachal Pradesh. The syllabi of the courses are so designed as to prepare professionally qualified leaders and teachers in physical education. The infrastructures

developed are as per the NCTE standard and norms. A team of competent and dedicated teachers are engaged in relentless pursuit of excellence in Physical Education and Sports for health, fitness and wellness of the citizens. Department is offering BPEd since its inception and full time Ph. D from 2019-20. Numerous students from department have got admission in MPed in renowned institutions like LNIPE, Gwalior, LNIPE: NERC, Guwahati, LNCPE: Trivandrum and BHU. This is also in a process to upgrade the department into Centre of Excellence for Sports Sciences. Under its extension activities, department also provides yoga classes, boxing training and leadership camp.

1.2 Sponsoring Agency

The Program was sponsored by Sports Authority of Arunachal (SAA).

1.3 Background

High performance sports is highly competitive sports that require appropriate coaching along with full fledged support of sports science. As without scientific support players can't achieve the performance that can help them to win medal at international tournaments like, Olympic, Commonwealth Games Asian Games and World Championship.

Now days all sporting power countries enriching the knowledge of coaches about Coaching Philosophy, Management of Training Load and Periodization in sports. So it has been very important that coaches should know their role in different dimensions and why a coach should be better manager to manage the personal and professional problems of his trainee athletes. Along with coaching philosophy it is very important for coaches and trainer that they should equipped with knowledge of management of training load. If it is manipulated adequately it may lead to increased performance but if it over suit the trainee capacity it may cause deterioration in performance. Now days sports has been highly technical and lot of advanced techniques are being used by coaches to shape the performance of players. Motive behind this refresher was to enrich the coaches with updated sports technologies and to provide them insight to handle the players according to their changing need.

1.4 Objectives

- Develop concept of latest trends in sports coaching and training.

- Enable participants to manage their player's performance by effective planning.
- Equip the participants with knowledge of latest training and training strategies including physical exercise, yogic activities and adequacy of nutrition.

1.5 Expected Outcomes

- The programme will enrich coaches and trainer to manage their trainee players for top performance.
- Participants will be able to identify the talent at right time and enable them to nurture the talent.
- It will help coaches to give emphasis on psychological aspects of players preparation.

1.6 Themes and Sub-themes

- High Performance Sports and Role of Sports Science & Science of Technology in Management of HPS
- Philosophy of Coaching
- Management of Training Load
- Periodization
- Doping & Ergonic Aids
- Designing Strength Training Programme
- Psychological Interventions for High Performance
- Endurance Training
- Theoretical Analysis & Insight into Running Mechanics
- Female Athletes
- Talent Identification
- Management of Anxiety, Stress & Aggression in Sports
- Speed Training
- Motivational Techniques in Coaching
- Injury Management of Athletes

1.7 Resource Persons

Sl. No.	Name	Designation & Address
1.	Dr. Shailendra Kumar Sinha	Director, BRCM Group of Institutions Bahal, Dist- Bhiwani (Haryana)
2.	Dr. Sambhu Prasad	Department of Physical Education, RGU
3.	Prof. Abhimanyu Singh	Head, Department of Physical Education, BHU, Varanasi
4.	Dr. Sanjeev S Patil	SAI, LNCPE, Trivandrum, Kerala

5.	Sidhart Srinet	Sports Officer, Prithvipur MP
6.	Dr. K.P. Manilal	Head Sports Science, SAI, Bangalore
7.	Dr. Vivek Kr. Singh	Department of Physical Education, RGU
8.	Dr. O. P. Mishra	Physical Education, Swarnim Gujarat Sports University, Gujarat
9.	Dr. Saju Joseph	Former Scientific Officer, SAI, Bangalore
10.	Dr. Tadang Minu	Department of Physical Education, RGU
11.	Dr. S. Prajapati	SAI, LNCPE, Trivandrum
12.	Dr. Kakali Goswami	Department of Psychology, RGU
13.	Dr. Rojeet Singh	Department of Physical Education, RGU
14.	Thefukolie Punyu	LNIPE, NERC Guwahati
15.	Mridu Sharma	Former Sports Psychologist of Mumbai Indians

1.8 Target Population

Coaches and instructors working under Sports Authority of Arunachal and Directorate of Sports.

1.9 Budget

The estimated budget of the programme was Rs. 21,100/- which includes honorarium to the Resource Persons and other Miscellaneous Expenses.

1.10 Modus Operandi

Six Day refresher was conducted on online platform ZOOM Meeting.

Part 2: Session Wise Deliberations

2.1 Inaugural Session: (31/08/2020) (12.15 PM - 1.15 PM)

The Inaugural programme was held on 31.08.2020 by Prof. Saket Kushwaha, Hon'ble Vice Chancellor, RGU which was also attended Tadar Apa, Director Sports, Government of Arunachal Pradesh, Gumnya Karbak, Director, Sports Authority of Arunachal, Government of Arunachal Pradesh. Renowned experts across the nation were also present in the inaugural session and they shared their valuable views on coaching and training in sports. Resource persons of this six day refresher course were also present that were Dr. Shailendra Kumar Sinha, Former Sports Scientist, SAI, Kolkata, Prof. Abhimanyu Singh, HoD, Physical Education, BHU, Dr. Sanjeev S. Patil, SAI, Trivandrum, Siddartha Srinet, Sports Officer, Prithvipur, MP, Dr. K. P. Manilal, Senior Scientific Officer, SAI, Bangalore, Dr. Saju Joseph, Scientific Officer, SAI, Bangalore, Dr. O. P. Mishra, Former HoD, Sports Science, Swarnim Gujarat Sports University, Dr. Sanjay Kumar Prajapati, SAI, Trivandrum, Mrs. Mridu Sharma, Sports Psychologist, Mr. Thefukolie Punyu, LNIPE, NERC, Guwahati, Dr. Kakali Goshwami, Dr. Tadang Minu, Dr. Sambhu Prasad, Dr. K. Rojeet Singh and Dr. Vivek Kumar Singh for RGU.

2.2 Plenary Session: No

2.3 Technical Sessions:

Day 1: (31st August, 2020): 1st Technical Session

Speaker: Dr. Shailendra Kumar Sinha, Director, BRCM Group of Institutions Bahal, Dist- Bhiwani (Haryana)

Topic: High Performance Sports and Role of Sports Science & Science of Technology in Management of HPS

The day one started with keynote address on the “High Performance Sports and Role of Sports Science & Science of Technology in Management of HPS” Dr. Shailendra Kumar Sinha revealed that high performance sports is highly competitive sports that require appropriate coaching along with full fledged support of sports science. As without scientific support players can’t achieve the performance that can help them to win medal at international tournaments like, Olympic, Commonwealth Games Asian Games and World Championship.

Day 2: (1st Septembert, 2020):

Speakers: Prof. Abhimanyu Singh, Dr. Sambhu Prasad and Dr. Sanjeev S Patil

Topics: Philosophy of Coaching, Management of Training Load and Periodization

One day two experts enriched the knowledge of coaches about Coaching Philosophy, Management of Training Load and Periodization in sports. Session started with discussion on coaches’ role in different dimensions and why a coach should be better manager to manage the personal and professional problems of his trainee athletes. While in the 2nd session management of training load was discussed with coaches where they learned about training load and its effect on player’s performance. If it is manipulated adequately it may lead to increased performance but if it over suit the trainee capacity it may cause deterioration in performance. In last session of day two Periodization, its different components and principal of planning was discussed.

Day 3: (2nd September, 2020)

Speakers: Dr. K.P. Manilal and Siddhartha Srinet

Topics: Doping & Ergonic Aids and Designing Strenth Training Programme

The day three rolled on with discussion on doping and ergogenic aids. Coaches had lot of misconception about use of different banned substances by WADA. It was discussed that player as well as coach should have

at least basic concept of doping that may protect their trainees from being banned. While in 2nd and 3rd session Resistance Training Planning was discussed. Expert discussed about different forms of resistance training, equipments used in resistance training and principles of resistance training. They explained that resistance training is base of strength development that is base of all motor components.

Day 4: (3rd September, 2020)

Speakers: Dr. Vivek Kr. Singh, Dr. K. Rojeet Singh and Dr. Saju Joseph

Topics: Psychological Interventions for High Performance, Injury Management of Athletes and Theoretical Analysis & Insight into Running Mechanics

The fourth day began with a lecture on psychological aspects of sports performance. It is mental toughness that play important role in performance along with technical and tactical training and it should be part of training at every level. While injury management was discussed in 2nd session as injury is a common phenomenon in sports and it should be manage properly with help of experts otherwise it may hinder performance of player and may lead to end of player's carrier. Biomechanical analysis of running in the last session where experts revealed proper pattern of running may enhance performance and faulty technique may consume more energy and may lead towards injury.

Day 5: (4th September, 2020)

Speakers: Dr. Tadang Minu, Dr. Sanjay Prajapati and Dr. Kakali Goswami

Topics: Female Athletes, Talent Identification and Management of Anxiety, Stress & Aggression in Sports

Fifth day started with discussion on female athletes as female athletes has specific physiological requirements and that should be managed properly with help of concern expert as due to menstrual cycle female lose more hemoglobin and they are more prone to be suffer from osteoarthritis. So coaches should efficiently manage their diet, training and mental aspect also. While talent identification for future performance is pivotal role of coaches and administrators and they should adopt scientific approach to that. If real talent will identified at right time and groomed with proper tarring that may be true future prospect for country. Management of stress, anxiety and aggression was discussed in the last session as stress is ingredient of tournaments, players should learn to take it positively. While aggression is also important factor of performance but if it is used by players in controlled way.

Day 6: (5th September, 2020)

Speakers: Thefukolie Punyu, Mridu Sharma and Dr. O. P. Mishra

Topics: Speed Training, Motivational Techniques in Coaching and Endurance Training

On the final day experts discussed about relevance of Speed Training and Endurance Training in different sports and at different level of performance. Experts discussed about different means and methods to develop these two important motor components of sports performance. Motivation is one of the significant aspects of sports performance at every level of sports participation, experts discussed how motivation is important for coaches as well as their trainee athletes and players.

2.4 Panel Discussion:

None

2.5 Valedictory Session:

Participating coaches and trainers shared their views about this refresher and all of them anonymously appreciated the effort of SAA. The refresher concluded with the concluding remarks from Dr. Anil Mili, Chairman of the Organising Committee. The programme was coordinated by Dr. Vivek Kumar Singh, supported by Dr. Tadang Minu, Dr. Rojeet Singh and Dr. Sambhu Prasad as Joint Coordinators. Gumnya Karbak, Director, Sports Authority of Arunachal expressed his gratitude to Department of Physical Education, RGU for their support and hosting this Six Day Refresher.

Part 3: Major Takeaways

3.1 Academic Context:

- Participants understand about the essence of fitness at different level of participation and different category of sports. They develop concept about latest sports developments and scientific approached being adopted by coaches and trainers at different levels.
- Psychological aspect in preparation of sports person is important aspect and it is as important as physical preparation, technical and strategical preparation of players. Psychological preparation plays a pivotal role in success of players at tough games and in different unknown situation.
- Talent should be spotted at right age and it should be promoted at right time, only than talent can achieve top level and perform at top level. During nurture of talent it is very important for coach that he should identify players strength and work to improve players strength.

3.2 Research Context:

- High performance sports is identity of the nation and it require lot of sports specific scientific support. Sports Physiology, Sports Psychology, Sports Biomechanics, Sports Anthropometry, Sports Nutrition and Strength and Conditioning are essence for achieving success at top level.
- Strength training is core of success in any kind of sports excepted Chess. Strength training has different modalities and each modality are specific according to requirement. Exact application of suitable training modality can be helpful in performance enhancement; if it will not used according to fitness level it may cause injury also.

3.3 Policy Making and Practice Context:

- Sports Science should be promoted as carrier in youth and sports person, it will help to produce pool of experts that can help to enhancement of high performance sports in India.
- High performance sports labs should be introduced in at least one university of every state.
- Workshops and seminars on high performance sports and sports sciences should be organised on frequent basis in collaboration of foreign sports science experts.

Part 4: Appendices & Annexure

Annexure 1 Programme Schedule

MINUTE TO MINUTE PROGRAMME SCHEDULE OF INAUGURAL CEREMONY

Welcome Address by Dr. Anil Mili, Head Department of Physical Education	12:15 PM
Few words from Tadar Apa, Director Sports, Government of Arunachal Pradesh	12:20 PM
A few Words from Gumnya Karbak, Director, Sports Authority of Arunachal, Government of Arunachal Pradesh	12:25 PM
Speech from Prof. Saket Kushwaha, Hon'ble Vice Chancellor, Rajiv Gandhi University	12:35 PM
Vote of Thanks by Dr. Vivek Kumar Singh, Coordinator	12:55 PM

Moderation Responsibilities

Date& Time	Theme	Moderators
Day 1(31/08/2020)	Inaugural Session (12.15 PM - 1.15 PM)	Host: V K Singh Vote of Thanks: T Minu Reporting: S Prasad
Day 1(31/08/2020) 03.00 PM to 04.00 PM	High Performance Sports and Role of Sports Science & Science of Technology in Management of HPS Dr. Shailendra Kr. Sinha	Host: V K Singh Vote of Thanks: T Minu Reporting: K R Singh
Day 2(01/09/2020) 11.15 AM to 12.15 PM	Philosophy of Coaching (Dr. Sambhu Prasad)	Host: T. Minu Vote of Thanks: V K Singh Reporting: K R Singh
Day 2(01/09/2020) 12.15 PM to 01.15 PM to	Management of Training Load (Prof. Abhimanyu Singh)	Host: T. Minu Vote of Thanks: V K Singh Reporting: K R Singh
Day 2(01/09/2020) 03.00 PM to 04.00 PM	Periodization (Dr. Sanjeev S. Patil)	Host: K R Singh Vote of Thanks: T. Minu Reporting: V K Singh
Day 3(02/09/2020) 11.15 AM to 12.15 PM	Doping & Ergonic Aids (Siddhartha Srinet)	Host: K R Singh Vote of Thanks: V K Singh Reporting: S Prasad
Day 3(02/09/2020) 12.15 PM to 01.15 PM to	Designing Strenth Training Programme -I (Dr. K.P. Manilal)	Host: T. Minu Vote of Thanks: K R Singh Reporting: S Prasad
Day 3(02/09/2020) 03.00 PM to 04.00 PM	Designing Strenth Training Programme -II (Dr. K.P. Manilal)	Host: T. Minu Vote of Thanks: K R Singh Reporting: V K Singh
Day 4(03/09/2020) 11.15 AM to 12.15 PM	Psychological Interventions for High Performance (Dr. Vivek Kr. Singh)	Host: K R Singh Vote of Thanks: T Minu Reporting: S Prasad
Day 4(03/09/2020) 12.15 PM to 01.15 PM to	Endurance Training (Dr. O. P. Mishra)	Host: T Minu Vote of Thanks: S Prasad Reporting: K R Singh
Day 4(03/09/2020) 03.00 PM to 04.00 PM	Theoretical Analysis & Insight into Running Mechanics (Dr. Saju Joseph)	Host: V K Singh Vote of Thanks: K R Singh Reporting: T Minu
Day 5(04/09/2020) 11.15 AM to 12.15 PM	Female Athletes (Dr. Tadang Minu)	Host: S Prasad Vote of Thanks: K R Singh Reporting: V K Singh

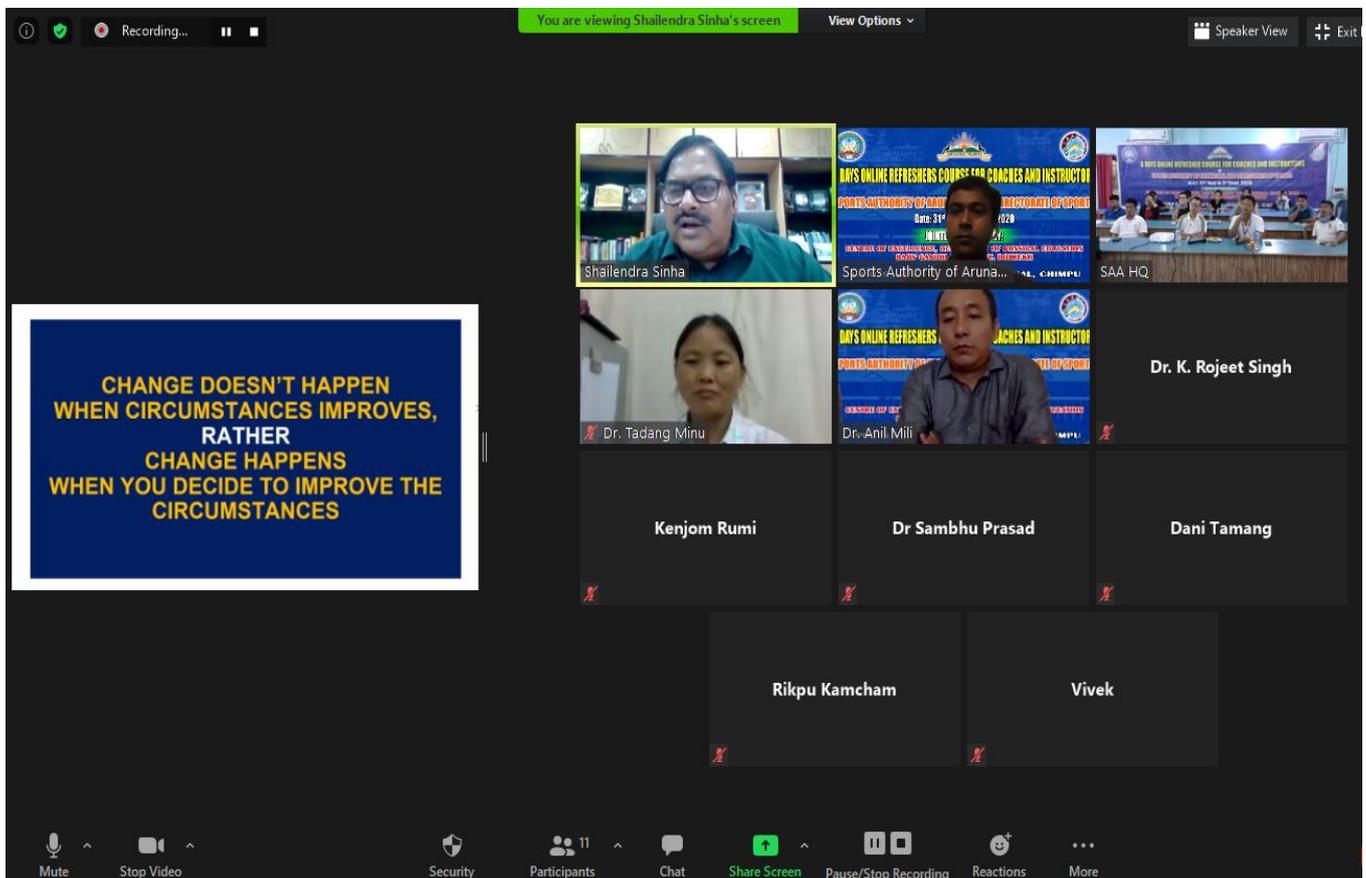
Day 5(04/09/2020) 12.15 PM to 01.15 PM to	Talent Identification (Dr. S. Prajapati)	Host: S Prasad Vote of Thanks: K R Singh Reporting: V K Singh
Day 5(04/09/2020) 03.00 PM to 04.00 PM	Management of Anxiety, Stress & Aggression in Sports (Dr. Kakali Goswami)	Host: K R Singh Vote of Thanks: V K Singh Reporting: T Minu
Day 6(05/09/2020) 11.15 AM to 12.15 PM	Speed Training (Thefukolie Punyu)	Host: T Minu Vote of Thanks: S Prasad Reporting: V K Singh
Day 6(05/09/2020) 12.15 PM to 01.15 PM to	Motivational Techniques in Coaching (Mridu Sharma)	Host: T Minu Vote of Thanks: V K Singh Reporting: S Prasad
Day 6(05/09/2020) 03.00 PM to 04.00 PM	Injury Management of Athletes (Dr. Rojeet Singh)	Host: T Minu Vote of Thanks: V K Singh Reporting: V K Singh

Annexure 2 List of Participants

Sl. NO	NAME	DESIGNATION	EMAIL ID	Name of Department
1	Miss Yabang Tali	Athletics Coach	taliyabang49@gmail.com	Sports Authority of Arunachal
2	Miss Gita Karki	Badminton Coach	gitakarki111@gmail.com	Dept. of Sports & Youth Affairs
3	Shri S. Deben Sharma	Karate Coach	debensharma@yahoo.in	Dept. of Sports & Youth Affairs
4	Shri Tai Hipik	Karate Coach	hipik20@gmail.com	Sports Authority of Arunachal
5	Shri Suraj Ali	Taekwondo Instructor	surajslsa380@gmail.com	Sports Authority of Arunachal
6	Shri Teli Kahi	Boxing Coach	boxingarunachal@gmail.com	Dept. of Sports & Youth Affairs
7	Shri Kipa Bharat	Football Coach	kipabharat1@gmail.com	Dept. of Sports & Youth Affairs
8	Shri Dani Tamang	Boxing Instructor	tamangdani12@gmail.com	Dept. of Sports & Youth Affairs
9	Shri Ramesh Sharma	Boxing Instructor	sharma1992.rs7@gmail.com	Sports Authority of

				Arunachal
10	Shri Prakash Limbu	Karate Coach	prakashsubba28@gmail.com	Sports Authority of Arunachal
11	Mrs. A. Piyainu Chanu	Weightlifting Coach	arambampiyainu@gmail.com	Sports Authority of Arunachal
12	Mr. Varrozami Varte Manham	Judo Coach	varrozami@yahoo.co.in	Sports Authority of Arunachal
13	Shri M. Premchandra Singh	Wushu Coach	premmaster4@gmail.com	Dept. of Sports & Youth Affairs
14	Mrs. Huidrom Tombisansa Devi	Table Tennis Coach	tombisanaoinam@gmail.com	Sports Authority of Arunachal
15	Mrs. E. Ekashini Devi	Archery Coach	khumancharlet230@gmail.com	Dept. of Sports & Youth Affairs
16	Shri Dorjee Wangja	Football Coach	dorjeewangja08@gmail.com	Sports Authority of Arunachal

Annexure 3 Photographs



Unmute Stop Video Security Participants 16 New Share Pause Share Annotate Remote Control More

You are screen sharing Stop Share



25

- Process KPI (Hours/ Days/ Months)
 - Input KPI (Financial & other Resources)
 - Output KPI (Performance)
 - CST (Critical Success Factor)
- Setting Target for each metric used
 Used as a quality improvement system
 Planning – Do – Check assess and reassess- Act
 Programing

Abhimanyu Singh, BHU

9/1/2020



Gallery View Exit Full Screen

- Dr. Anil Mili
- Dr. K. Rojeet Sin...
- Sambhu Prasad
- Chhewang Lama

Mute Stop Video Security Participants 14 Chat Share Screen Pause/Stop Recording Reactions Leave



Recording... [Pause] [Close] Speaker View

SAA HQ

Sports Authority of Arunachal (SAA)

Deben Sharma

DIRECTOR SAA

6 DAYS ONLINE REFRESHERS COURSE FOR COACHES AND INSTRUCTOR
SPORTS AUTHORITY OF ARUNACHAL PRADESH
Date: 31st OCTOBER 2022
JOINT
CENTRE OF EXCELLENCE OF RAJIV GANDHI
PHYSICAL EDUCATION
ARUNACHAL, CHIMPU

Dr. Tadang-Minu

Dr. Anil Mili

Teli kahi

Gourey Oinam

Dr. Om Prakash...

Stop Video Security Participants 9 Chat Share Screen Pause/Stop Recording Reactions More



Annexure 4: Media Coverage

<https://arunachaltimes.in/index.php/2020/09/01/online-refresher-course-for-coaches-instructors-commences/>

<https://nenow.in/north-east-news/arunachal-pradesh/arunachal-rajiv-gandhi-university-conducts-6-day-online-refresher-course-for-coaches-sports-instructors.html>

<https://arunachal24.in/arunachal-6-days-refresher-course-for-the-coaches-instructors-held/>

<https://arunachal24.in/arunachal-six-day-refresher-course-for-coaches-and-instructors-of-sports-authority-of-arunachal-and-directorate-of-sports-concludes/>

<http://www.easternsentinel.in/news/state/refresher-course-for-states-coaches-concludes.html>

<https://thedawnlitpost.com/2020/09/course-for-coaches-concludes/>

<https://independentreview.in/2020/09/06/6-days-virtual-course-coaches-instructors-concludes/>