

SPORTS AUTHORITY OF INDIA			
SAI NSSC BENGALURU			
JUDO SYLLABUS			
Sl. No.	Date	Topic	
1	16-04-2020	Coaching Principles, (Coaching Styles, coach-athlete relationship, Code of Ethics)	What distinguishes Successful coach & Expert coach - Coach Athlete relationship - Knowledge base for teaching and coaching - Code of Ethics.
2	17-04-2020	Difference between medal winning countries and India. (Indian coaching system)	Strategy for Talent Identification - Coaches and Support staff development
3	18-04-2020	Judo Coaching & Judo Coach Coaching phases in Judo	Talent Identification - Judo Coaching in India - Our Weakness – Competence of Judo coach - Coaching phases in Judo.
4	20-04-2020	Know your Judoka & Types of Judoka	Coach Foundation - Types of Judoka - Coaching Before, During and After Training.
5	21-04-2020	Weight loss practice in Judo Female Judoka care	Weight loss practice among Indian Judoka - Observations - Recommendations
6	22-04-2020	IJF COACHING levels /Judo coaching and knowledge upgradation programmes by IJF, JFI & SAI	IJF Coaching Levels - Knowledge upgradation programmes done by IJF, JFI & SAI
7	23-04-2020	SOR Sports Organization Rules , First Aid & Safety in Judo	Sports Organization Rules - Basic Principles - Age Groups - Weight Categories - Safety in Judo.
8	24-04-2020	Coach Motivation and Problems being faced by coaches during coaching. Importance of Socialization for Coaches & Judoka	Coach Motivation - Problems faced by Judo coaches in India - Suggestions
9	25-04-2020	Judo My Story / How can India be an Olympic Medal Winner	Talent Identification - Coach & Player ratio - Systematic Training - Sport Focus Weight categories - Role of NSF.
10	27-04-2020	New Rules of IJF - Session 1	IJF Rules for the sport.
11	28-04-2020	Philosophy of Judo & Motivation / How to stay self motivated as a Sportsperson	Philosophy of Judo - Jigoro Kano's Five Principles of Judo - Ways to motivate
12	29-04-2020	Gender Equity in Sports / Psychological problems faced by Athletes	Gender Equity in Sports - Psychological problems faced by Beginners in
13	30-04-2020	New Rules of IJF - Session 2	IJF Rules for the sport.