

**SPORTS AUTHORITY OF INDIA  
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS:PATIALA**

**ONLINE COACH EDUCATION PROGRAMME – SYLLABUS  
CANOEING & KAYAKING**

<b>Sr. No</b>	<b>Topic</b>	<b>Content</b>
1	Scenario of Canoeing & Kayaking in India and Role of Coaches	1) Good relations between National level coaches and grassroots level coaches are very essential. 2) Eliminating the distance between the various coaches and provide a platform to work together for their respective teams as well as lenient towards their national athlete's i.e. elite player's. 3) Keeping transparency in the monitoring of SAI and IKCA, aiming big in front of national level coaches and grassroots coaches. 4) You will be closer to success from, day the workouts start forming in your dreams 5) Keep your aim big that means (goal) when we think of Olympics, then we can get a medal in the Asian Games or World Championship Asian Championship, Such as when you have to climb Mount Everest you will have to try or think that you will reach Nepal. 6) The great aim of education is not only to Make a living, but it is more than that..
2	Talent Identification And Systematic Development Of Canoeing	1. Factors of talent identification 2. Prediction of performance and identifying Gifted athletes 3. Selection criteria base on physical and Physiological test 4. Systematic development of talent through Transition from junior to senior level 5. Characteristic of elite athlete and influence of Age in talent development 6. Identification of natural and develop talent
3	Quintuple “P”  (Prolong Period Players Progress Program)	1. Why does Canoe Sprint necessity a “PPPPP” ideal, 2. The Ten Key Elements urging “PPPPP”, 3. Platforms of “PPPPP” for Canoe Sprint, (Active Start, Fundamentals and Foundations, Training to Train, Learning to Compete, Training to Compete, Training to Win (Olympic Podium), Active for Life) 4. Practical Implication, 5. Conclusion.

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4	<p style="text-align: center;">Long Term Paddlers Development Plan And The Role Of Paddlers, Coaches, Technical Officials And Stake Holders Of IKCA Fraternity</p>	<ol style="list-style-type: none"> <li>1. Presentation on updated LTPDP of IKCA(2020-2028), Its Stages, Key factors influencing it.</li> <li>2. Mission behind LTPDP, Influencing Factors and outlines of the LTPDP</li> <li>3. Principle targets of all Canoe Sprint teams and other Olympic and Asian games oriented disciplines under IKCA</li> <li>4. General development targets of Canoe sprint and other paddling disciplines under IKCA and roles of paddlers, Coaches and Technical Officials</li> <li>5. Task to be taken up for reaching the targets and development programs for Grassroot level, Jr &amp; U-23,Senior/Elite level till active for life stages.</li> <li>6. Detail programs for achieving the targets of Senior, U-23 &amp; Jr, talent identification for grassroot level and Training/competition plan for upcoming International championships for 2020 and beyond.</li> </ol>
5	<p style="text-align: center;">Kayaking and Canoeing Training Methods &amp; Programming</p>	<ol style="list-style-type: none"> <li>1 . Introduction</li> <li>2 . Demands of Kayaking &amp; Canoeing</li> <li>3 . Type of Motor Ability's &amp; Energy system's</li> <li>4 . Specific Strength &amp; Endurance Development</li> <li>5 . Role of Strength endurance in Water sports</li> <li>6 . Strength &amp; Endurance Programming.</li> </ol>
6	<p style="text-align: center;">Nutrition Support for K&amp;C Athletes - Dietary Balance for Strength &amp; Stamina</p>	<ol style="list-style-type: none"> <li>1. Role of Nutrition in different phases of athlete development</li> <li>2. Nutrition principles every coach should know</li> <li>3. Nutrition basics every athlete should learn</li> <li>4. Achieving dietary balance for K&amp;C Skills</li> <li>5. Supplements – Pros &amp; Cons</li> </ol>

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7	Centralized Monitoring Of Performance And Coordinated Development Of Canoeing	<ol style="list-style-type: none"> <li>1. Way ahead for uniform Canoe-Kayak Technique and systematic monitoring of performance</li> <li>2. The framework for Pyramid of Coaches</li> <li>3. Assignment of responsibility and coordinated development</li> <li>4. Development of Active platform for Paddlers , Coaches and Technical officials</li> <li>5. Model for Systematic monitoring and coordinated structure for long lasting development of Canoeing</li> </ol>
8	Impact of Yoga on kayaking and canoeing athletes	<p>Introduction of Yoga.            What is positive Health, Streams of yoga, Ashtanga Yoga, Asana, Pranayama, Mudra And Meditation.</p>
9	Role of physiotherapist in Para kayaking and Para canoeing	<ol style="list-style-type: none"> <li>1. Who is physiotherapist</li> <li>2. What is Para kayaking and Para canoeing</li> <li>3. Role of physiotherapist in sport</li> <li>4. Importance of exercises</li> <li>5. Warm up and cool down</li> </ol>
10	Strength Development	<ol style="list-style-type: none"> <li>1. What Is Strength and Type Of Strength</li> <li>2. Methods Of Improving</li> <li>3. Strength Training</li> <li>4. Methods Of Improving</li> <li>5. Explosive Strength</li> <li>6. Methods Of Improving</li> <li>7. Strength Endurance</li> <li>8. Factors Which Determine Strength</li> </ol>
11	Role Of Nutrition In Canoeing And Kayaking	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Sports Nutrition</li> <li>3. .Principles of Sports Nutrition</li> <li>4. Tips – Healthy Nutrition</li> <li>5. Nutrition and Hydration for Kayaking and Canoeing Club Paddlers</li> </ol>

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12	Prevention of Injury in Kayaking and Canoeing	<ol style="list-style-type: none"><li>1. Introduction</li><li>2. Typical Kayaking and Canoeing Injuries</li><li>3. Risk Factors</li><li>4. Preparticipation Evaluation</li><li>5. Strategies of Prevention</li><li>6. Summary</li></ol>
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