

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

ONLINE COACH EDUCATION PROGRAMME – SYLLABUS  
GYMNASTICS

Sr.No.	Topics	Contents
1.	Men's Artistic Gymnastics apparatus specific.	Floor Exercise – Handstands, Handsprings, positions of arms, twists (front and back), body difficulties.
		Pommel Horse – Basic preparations, shoulder angles, difficulties on pommel horse.
		Still Rings.
		Parallel Bars.
		Vaulting Table.
		High Bar.
		Trampoline.
2.	Women's Artistic Gymnastics	Balancing Beam – apparatus specific, basics and advanced elements.
		Uneven Bars – apparatus specific, basics and advanced elements.
		Basic choreography skills.
3.	Importance of Flexibility in Gymnastics.	What is flexibility?
		How flexibility is different in gymnastics?
		Factors influencing gymnastics.
		Genetics of gymnasts.
		Structures that affect flexibility.
		Types of stretching, its examples and precautions.
		PNF.
		Neural changes to consistent stretching.
		Mechanical effects of consistent stretching.
		Flexibility Assessment tests.
		Principle of flexibility training.
		Foam rolling, specific flexibility trainings and its benefits.
DO's and DON'T's for a safe and successful flexibility programme.		
4.	Child Psychology	Knowing the definitions.
		Fields of Sports Psychology.
		Impact of mental training.
		Mind body connection.
		Different challenges at different age.
		What is child psychology, its importance and its benefits in different field?
		Theories of child psychology and its application in practical field.
		Behavioral learning and its applications
	Interdisciplinary contributors.	

5.	Rhythmic Gymnastics.	Individual Rhythmic – Apparatus handling (Hoop, Ball, Clubs, Ribbon), Apparatus difficulties with all apparatus (AD), Physical preparation with apparatus.
		Group rhythmic – Exchanges, Collaborations.
		Basics of ballet.
		Artistic Components (individual and group).
		Specific questionnaire.
6.	Common Injury and Injury Prevention in Gymnastics.	Definition of Sports Injury.
		Descriptive Epidemiology.
		Injury Prevention Research.
		Factors Predisposing to Injury.
		Common Upper Extremity Injuries.
		Consequences of Injuries.
		Preventive Measures.
		Physical Preparation.
7.	LTAD – Long Term Athlete Development.	Importance of gymnastics for holistic athletes.
		Success in gymnastics.
		Hours to reach an elite level.
		Best practices for LTAD.
		Factors influencing LTAD.
		Role of monitoring growth.
		Measurement of size, proportion and maturation.
		Why are growth measurements needed.
		Peak high velocity (PHV).
Six Phases of growth.		
8.	Talent Identification.	Introduction
		Terminology
		Talent Identification Objectives.
		Advantages of Talent Identification Programmes.
		Evolution Process of the Sport Talent.
		Factors Used for Talent Identification.
		Talent Identification Programmes in Artistic Gymnastics.
		Conclusions.