

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

**ONLINE COACH EDUCATION PROGRAMME – SYLLABUS
SWIMMING**

S.No.	Topics	Contents
1.	Build Strong Skills - Phase I	Fundamentals of Swim Coaching
		Long Axis Stroke (FS & BK)
		Short Axis Stroke (BR & FLY)
		Technique: Start, Turn & Finish
		Adaptations in Stroke Pattern & Pacing: Distance vs Sprints
2.	Elements of coaching design, structure and analysis–Phase II	Energy Systems: In training & Racing
		Principles of Long Term Athlete Development
		Periodization: Importance & Approach
		Use of Technology in Technique assessment & race analysis
		Importance of Recovery in training & Racing: fundamentals and tools
3.	Ideas and Guidelines	Developing an Elite Swimmer
		Talent Identification Perspective: Early & Late Developers
		Current FINA rules
		Grouping a class for different Levels: Practice & Challenges
		Strength & Conditioning: When & HoW
		Group Discussion (day to day challenges)
		Transitioning from Elite Swimmer to Coach
4.	Coaching beyond the pool	Mind Training
		Doping
		Nutrition
		Challenges as a Swimmer(Past vs Present)
		Social Recognition of Swimming & Need for Aquatic Education

5.	Coaching Toolbox	Development Strategies for Competitive Swimming in India
		Safer You & Safer Me