

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

ONLINE COACH EDUCATION PROGRAMME – SYLLABUS  
CYCLING

Sr.No.	Topics	Contents
1.	Coaching Principles & Safety. Basic Equipment of Cycling.	Coaching principles & Safety. Coaching Skills Basic equipment of Cycling.
2.	Cycling disciplines. Body and exercise.	Cycling disciplines (Road, Track, MTB) events in World Championships & Olympics.
3.	Coaching children & LTAD Basic nutrition.	Coaching children's and LTAD (long term athlete development) & some points like how to motivate children. Characteristics of children, behavior management, strategic to prevent misbehave. Growth and development, training age, nutrition, importance of Hydration. Side effects of supplements and medicine.
4.	Basic components of fitness, principles of conditioning. Rights and Rider hygiene.	Basic components of fitness, Principles of conditioning (overload, progression, specification, reversibility variation recovery, individual difference, long term training plan), Components of fitness (Aerobic endurance, Short- term muscular endurance, Muscle power, strength, speed, flexibility), Right & Hygiene of Riders (Health, Hygiene, Recovery, Nutrition).
5.	Planning.	Planning. How to plan. What points keep in mind while planning. Before planning of workout & what is periodization. Stages of periodization & how to develop training plan.
6.	Talent Identification.	Talent identification (objectives of talent identification, importance of talent identification, process of talent identification, grass root level talent identification). How to take wattbike test?
7.	Endurance event in Track Cycling.	FFactors effecting on performance. Four pillars of Sports Performance (Scientific training, good nutrition, recovery, equipment) the endurance events in track cycling, important techniques for coaching (what is omnium event, what is Madison event, then basic rules of endurance events). Important techniques for Omnium events, quality of a good coach, types of coach.
8.	Doping.	Role & Responsibilities of an athlete, TUE, whereabouts, doping control process, types of

		doping, harmful effect of doping, role & responsibilities of a coach, sanction for ADRV.
9.	General Methods of Training.	Methods of Training (What is training? Aim of Training, Types of training (general & specific), Components of Training).
10.	Physical Fitness.	Physical Fitness ( Basic fitness fundamentals, physical fitness & Academic success, important factors while training children, challenges faced while training children).
11.	Special considerations while coaching children.	Special considerations while coaching children. (The young performance, major differences between children and adults, individual differences, competitions, injury, training intensity, weight training).
12.	Heart rate calculation formula of an athlete (How we can warm up in small area and select exercise according to requirement)?	Heart rate calculation formula of an athlete (how we can warm up in small area and select exercise according to requirement. (Working heart rate, warming up heart rate, maximum warming up heart rate, minimum aerobic heart rate, maximum aerobic heart rate, minimum anaerobic heart rate, maximum anaerobic heart rate, lactic thresh hold heart rate.
13.	General and Specific training units for cycling sports.	General and specific training units for cycling sports. (General GAT Endurance, fartlek, GAT speed, GAT, strength, GAT flexibility, GAT coordination). (Specific, Endurance 1, Endurance 2, Development range, Top range, Speed 1, Speed 2, Speed 3/limit range, Interval training, Power with bike, Motor pacing.