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<th>Sr. No.</th>
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| 1      | Techno-tactical requirements of contemporary wrestling               | • Meaning and importance of techno-tactical factor: technique with tactical action  
• Algorithm of change in wrestling: changes in international rules of wrestling leads to change in performance structure of wrestling. Which brings change in performance factors (techno-tactical and other).  
• Techno-tactical dominance in current wrestling: 1 takes downs in free-style and throws in Greco-Roman 2 reflex techniques 3 techniques with tactical action (motor part of tactics) |
| 2      | Morphological and movement (motional) dominance in Olympic-style wrestling: in the context of rule-change | • Morphological: meaning and importance of morphological (structural) factor in wrestling. 1 somato-type 2 fat% 3 muscle mass  
• Motional: meaning and importance. 1 attacking motions 2 defensive motions 3 recovery motion during a bout |
| 3      | MLT of wrestling sport                                              | • MLT: movement, load and time structure of wrestling sport. 1 movement structure: multi-acyclic adjustable movements 2 load structure: dominance of anaerobic endurance 3 time structure: intervals of 3:00-30-30:00 |
| 4      | Dominant bioenergetics/physiology of wrestling: an overview         | • Process of converting the chemical energy (ATP) to mechanical (movements) energy  
• Meaning and importance of bioenergetics: estimation of training contents and zone  
• ATP-CP and glycolytic contribute about 80-90%  
• Aerobic requirement is just 10-20%: only for recovery motion during bout and thereafter |
| 5      | Role of neural-path stimulation in wrestling warm-up                | • Warm-up structure: 1 mild stretch 2 temperature raise 3 major stretch 4 neural-path stimulation  
• Optimum time and optimum energy spending during warm-up  
• Mechanism of warm-up |
| 6      | Pros and cons of early specialization in Greco-Roman wrestling      | • Meaning and importance of specialization: investment in one chosen sport since early age  
• Pros: early tecno-tactical development, early results, confident mat-behaviour, enhanced wrestling sense, better mat sense  
• Cons: chances of injuries, early peak, burnout, repeat of early result very rare, performance period shortened |
| 7 | Role of WFI in promotion of wrestling | • Place of coaches in sports-eco system  
• Organisation of competitions from grass-root level to international  
• Finding the sponsors  
• Link between federal government and UWW  
• Accreditations of coaches and officials |
| 8 | Dynamics of G/R and F/S wrestling stance | • Winning combination an offshoot of respective types of stance  
• Essentials of warm-up: 1 relax 2 guard 3 look at opponent  
• Types: 1 high 2 medium 3 low 4 up-right |
| 9 | Periodization and Training schedule | • Meaning importance and types  
• Single and multiple  
• Periods and phases  
• Assignment: 3 week-training-schedule of senior wrestlers: just before the competition |
| 10 | Analysis of competition: key factors | • Meaning and importance  
• Analysis of highest possible competition  
• Key factor analysis: technique patterns, scoring patterns, frequencies of techniques, average scoring, total and passive wrestling, inter-style comparison, intra-style wt. category analysis |
| 11 | Analysis of a wrestler: key factors | • Elite wrestler and winning combination thereof  
• Dominant winning factors  
• Stance analysis  
• Wrestling on feet (standing)  
• Top position in ground  
• Bottom position in ground |
| 12 | Weight control in the context of same day weighing – safe methods of weight control | • Weight control and weight reduction  
• Drastic weight reduction and hazards that of  
• Different methods of weight control |
| 13 | Scoring patterns in Greco-Roman wrestling at world level | • Frequency of high amplitude holds  
• Frequency of low amplitude holds  
• Frequency of takes downs  
• Contribution of ground scoring  
• Contribution of counter techniques  
• Frequency of pin/fall |
| 14 | Role of bio-motors in Greco-Roman wrestling | • Meaning and types  
• Difference between Greco Roman and free style wrestling  
• Role of bio-motors |
| 15 | Process of talent selection in USA: possible tests and procedure thereof while selecting the talent | |
| 16 | Role of ICT in coaching | • Meaning and importance  
• Different tools of ICT  
• Assignment: to prepare the PPT of a lesson plan (training) and send it to the students |