



BRIEF REPORT

ON THE

MASTER TRAINING PROGRAMME

UNDER KHELO INDIA

COMMUNITY COACHING DEVELOPMENT

(CCD)

KHELO INDIA - CCD RESOURCE CENTRE
LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION
GWALIOR

BRIEF REPORT ON THE MASTER TRAINING PROGRAMME UNDER KHELO INDIA COMMUNITY COACHING DEVELOPMENT (CCD)

A) CAPACITY BUILDING

There are total four training programmes have been conducted at the Khelo India Community Coaching Development Resource Centre, LNIPE, Gwalior and two programme at the NECRC, LNIPE, Guwahati from July to August, 2018. The details of the training programmes are as follows:

1. (A) The training programme for the 1st batch of Master Trainers for Community 1st Master Training programme under Khelo India- Community Coaching Development Programme was organized by Khelo India Resource Center at LNIPE Gwalior and LNIPE, NERC, Guwahati from **2nd July to 16th July, 2018.**

A total of 13 Master Trainers including 3 female Master Trainers from 3 states has reported for the training programme at LNIPE, Gwalior as per following detail:

S. No.	Name of the State	No. of Master Trainers
1.	Andaman & Nicobar	06
2.	Lakshadweep	05
3.	Tamil Nadu	02

(B) A total of 5 Master Trainers from Telangana attended the training Programme at NCRC, LNIPE, Guwahati, Assam.

2. 2nd Batch of Master Training programme under Community Coaching Development Programme was organized from **19th July to 02nd August, 2018.**

A Total number of 66 Master Trainers from 8 States/UT reported for the Training Programme as per following details:-

S.No.	Name of the State/UT	No. of Master Trainers
1.	Andaman & Nicobar	07
2.	Haryana	03
3.	Himachal Pradesh	25
4.	Lakshadweep	05
5.	Punjab	05
6.	Telangana	09
7.	Jammu & Kashmir	09
8.	Gujarat	03
Total		66

The training programme for the 2nd batch was cancelled at LNIPE, NERC, Guwahati due to non-reporting of Master Trainers in sufficient number. There were only two Master Trainers reported on 19th July, 2018.

3. (A) 3rd Batch of Master Training Programme under Community Coaching Development Programme was organized from **24th August to 07th September, 2018.**

A Total number of 115 Master Trainers including 8 females from 4 States reported for the Training Programme as per following details:-

S.No.	Name of the State/UT	No. of Master Trainers
1.	Andhra Pradesh	11
2.	Jammu & Kashmir	58
3.	Punjab	04
4.	Tamil Nadu	42
Total		115

(B) A total of 8 Master Trainers (5 from Punjab & 3 from Tripura) attended the training Programme at NCRC, LNIPE, Guwahati, Assam.

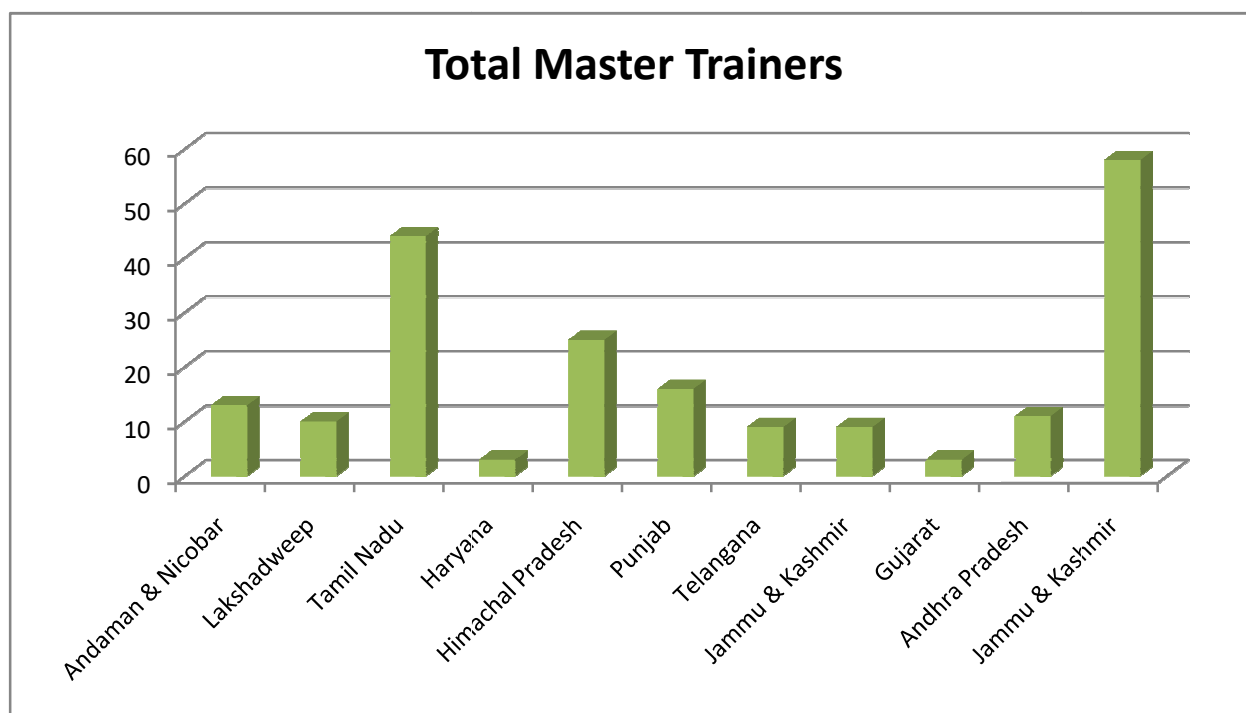
4. 4th Batch of Master Training Programme under Community Coaching Development Programme was organized from **10th to 24th September, 2018.**

A total number of 7 Master Trainers from Punjab state attended the training programme.

The training programme for the 4th batch was cancelled at LNIPE, NERC, Guwahati due to non-reporting of any Master Trainer on due date.

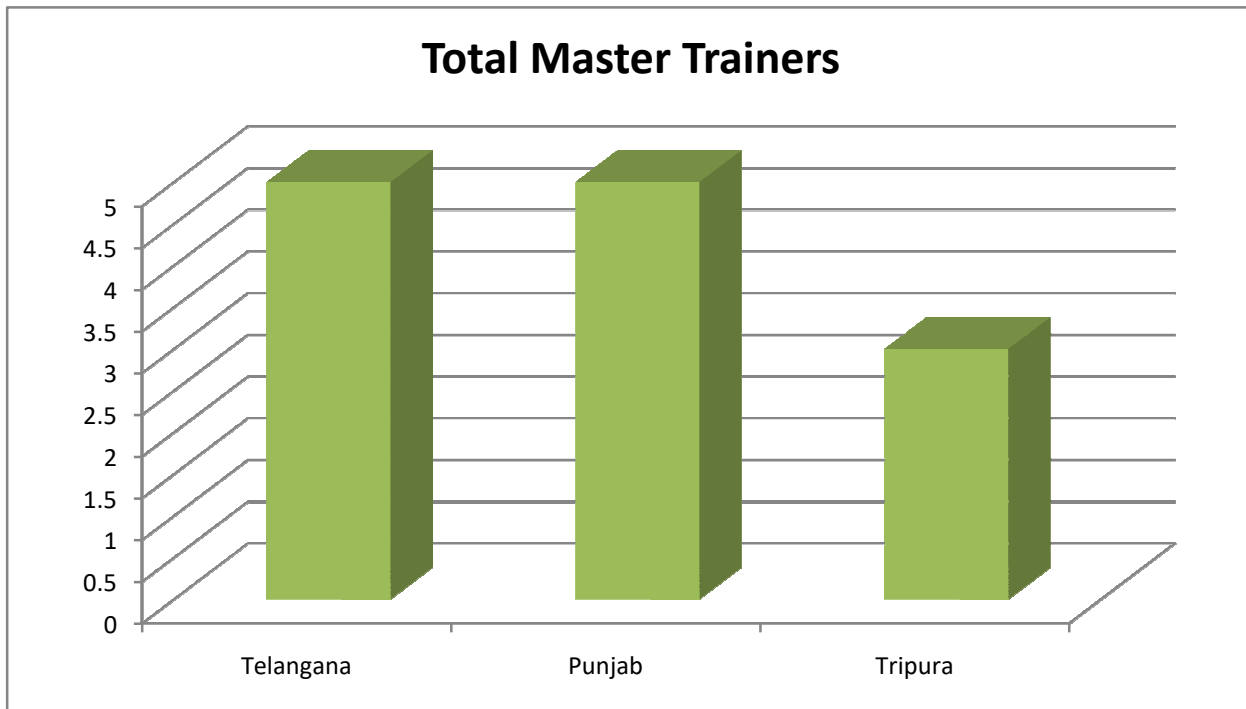
**SUMMARY OF MASTER TRAINERS ATTENDED THE TRAINING PROGRAMME AT LNIPE,
GWALIOR:**

S.No.	Name of the State	Total No. of Master Trainers
1.	Andaman & Nicobar	13
2.	Lakshadweep	10
3.	Tamil Nadu	44
4.	Haryana	03
5.	Himachal Pradesh	25
6.	Punjab	16
7.	Telangana	09
8.	Jammu & Kashmir	09
9.	Gujarat	03
10.	Andhra Pradesh	11
11.	Jammu & Kashmir	58
TOTAL		201



**SUMMARY OF MASTER TRAINERS ATTENDED THE TRAINING PROGRAMME AT LNIPE,
NERC, GUWAHATI, ASSAM:**

S.No.	Name of the State	Total No. of Master Trainers
1.	Telangana	05
2.	Punjab	05
3.	Tripura	03
TOTAL		13



The following Games and Sports were taught during the training programme :-

1. Athletics
2. Badminton
3. Judo
4. Taekwondo
5. Table Tennis
6. Tennis
7. Basketball
8. Football
9. Gymnastics
10. Kho-Kho
11. Swimming
12. Volleyball
13. Handball
14. Hockey
15. Weightlifting

The following theory topics were included in the Training Programme:-

1. Immediate care of Sports Injuries
2. Talent identification
3. Rehabilitation of Injured athlete
4. Scientific principles of human performance
5. Sports Marketing
6. Administration of testing
7. Ethics in Sports
8. Legal Concepts in Sports
9. Sports Coaching Methodology
10. Statistical Measurement in sports

11. Psycho Behavioral Benefits of Sports and Fitness
12. Physiotherapy Management of Sports Injuries
13. Rehabilitation of injured athlete
14. Nutrition in sports
15. Stress Management
16. Personnel Management in Sports
17. Effect of Exercise on Cardiovascular system
18. Types of Competition/ Fixtures
19. Introduction of Adapted Physical Education
20. Movement Education
21. Exercise Prescription
22. Planning of School PE Training Programme
23. Fitness for School going children
24. Balance Diet & Sports
25. Physical Fitness for the older adults

The practical sessions on following activities were also conducted:-

1. Aerobics
2. Yoga
3. Circuit Training
4. Warming-up and cooling down
5. Presentation of teaching lesson plan
6. Session Planning
7. Mass Display