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Dr. Tanuja S. Raut

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Sports Coaching and Training

Prof. Dr. Sangita Mangesh Khadse

Director Of Physical Education Smt. Sindhutai Jadhao Arts And
Science Mahavidyalaya, Mehkar Dist. Buldhana

Introduction :-

A Recent Area Of Scholarly Interest Has Surrounded The Development Of Pedagogical Strategies To Teach Coaching. As Evidence Has Emerged That Coaches; Knowledge Is Generally Gleaned Through Reflecting On Experience, Mentorship Schemes Have Been Suggested As A Particularly Suitable Means Through Which Coaches Can Be Taught. Some Scholars However, While This Basic Strategy, Have Also Called For An Integration Of Theory Into The Reflective Process As A Means To Further Improve Practice.

Consequently, Teaching Methods And Associated Assessments Such As Problem-Based Learning (PBL) And The Completion Of Theoretically Grounded Critical Tasks, Particularly In Higher Education Settings, Have Been Tentatively Suggested As Ways Forward. The Resources Listed Under This Heading Then, Provide Both A Theoretical Argument To Better Educate Coaches Into The Complexities Of Their Work, In Addition To Empirical Evidence Supporting It.

Coach Education :

The Fundamental Psycho -Physical Basis Of Coaching As Practiced In Sport Is Flawed And Needs To Be Challenged. The Role And Influence Of The National Coaching Foundation, For Example, Has Been Disappointing Because Of Its Lack Of Understanding Of The Bigger Picture. Change Is Made More Difficult Because Academics, Analysts Culture. They Will Only Evaluate Interventions Within The Limits Of Their Own Outdated Modal.

Sports Officials :

Referees, Umpires, And Other Sports Officials Police Both Professional And Amateur Spots. These Workers Detect Infractions Of Rules And Impose Penalties Established In The Sports Regulations. Referees, Umpires, And Other Sports Officials Anticipate Play And Position Themselves To See The Action, Assess The Situation, And Make Split-Second Calls. Some Sports Officials, Such As Boxing Referees, Work Independently; Others, Such As Basketball Referees, Work In Groups Of Two Or More. Combining The Roles Of Police Officer, Judge, And Diplomat, Sports



Prof.
Coordinator - IQAC
Smt. Sindhutai Jadhao College
Mehkar, Dist. Buldhana