

**COACH DEVELOPMENT PROGRAMME – SPORTS SCIENCE LECTURES FROM 5.00-6.00 PM**

<b><u>Date</u></b>	<b><u>Subject</u></b>	<b><u>Speaker</u></b>	<b><u>Topic</u></b>
16.4.2020	Physiology	Dr Nikhil Latey Sport Scientist, Consultant ActivMed	Physical and physiological changes in growing athletes
17.4.2020	Bio Chemistry	Dr Nikhil Latey Sport Scientist, Consultant ActivMed	Assessments and their importance
18.4.2020	Strength & Conditioning	Dr Manilal KP Head Sports Science NIS Bengaluru	Designing Training programme for strength training and strength training modalities
20.4.2020	Strength & Conditioning	Dr Manilal KP Head Sports Science NIS Bengaluru	Designing Training programme for strength training
21.4.2020	Strength & Conditioning	Dr Manilal KP Head Sports Science NIS Bengaluru	Strength Training Methods
22.4.2020	Physiotherapy and Injury Prevention	Dr. Sachin Bhullar Specialist Physician in Sports and Exercise medicine working in Victoria-Australia Track cycling -Field of play doctor for RIO Olympics	Injuries on Field of Play and how to avoid them
23.4.2020	Physiotherapy & Injury Prevention	Shrikant Iyengar Sports Physiotherapist and Clinical Director Pro Health Asia	Loading Management and Injury prevention in Youth & Adolescent Athletes
24.4.2020	Physiotherapy & Injury Prevention	Shrikant Iyengar Sports Physiotherapist and Clinical Director Pro Health Asia	Managing soft tissue injuries in sports”
25.4.2020	Sports Medicine	Dr Pradeep Kocchepan Consultant Apollo Hospitals Bengaluru	Sports Injuries with special relevance to team games
27.4.2020	Nutrition	Mr.Ryan Fernando Chief Nutritionist Qua Nutrition	Basic Nutrition and Calculation of Calories
28.4.2020	Nutrition	Mr.Ryan Fernando Chief Nutritionist Qua Nutrition	Supplements - Protein ( Whey, Casein, Vegan), BCAA, Glutamine, Sports Drinks, OMEGA 3, Creatinine, Multivitamin

29.4.2020	Nutrition	Mr.Ryan Fernando Chief Nutritionist Qua Nutrition	Understanding Blood tests and Body measurements to guide athletes eating
30.4.2020	Sports Psychology	Dr Chaitanya Sridhar Consultant Psychologist	Stress Management
1.05.2020	Sports Psychology	Dr Jolly Roy Professor CSSR Chennai	Motivation & Self Determination
2.05.20	Sports Psychology	MugdaBarve Sports Psychologist Director Disha Counselling	Emotional Strength
4.05.2020	Bio Mechanics	Dr AnshooMahlotra Consultant Bio- Mechanist NIS Patiala	Techniques & Bio Mechanics
5.05.2020	Bio Mechanics	Dr Saju Joseph HPD South	Theoretical Insight into Running Mechanics
6.05.2020	Bio Mechanics	Dr Saju Joseph HPD South	Anterior Knee Pain (Patellar Tendonitis) Management and Modification in Bike Fitting for a Track Cyclist
7.05.2020	Bio Mechanics	Dr Saju Joseph HPD South	Technical Analysis & Prevention of Injuries
8.05.2020	Anthropometry	Dr Meenu Dhingra SSO, Anthropometry HPL, Delhi	Anthropometric qualities for Talent Identification and Development
9.05.2020	Sports Physiology	Mr. Hanjabam Sharama MD Physiology SR resident AIIMS	Physiology of Strength training
11.05.2020	Strength & Conditioning	Wayne Lombard Strength & Conditioning Expert Hockey India	Training for Performance
12.05.2020	Doping	Dr.Ashok Ahuja Ex SSO , Sports Medicine NIS Patiala	Doping and its Hazards, how to prevent young athletes from Doping