

**TWO DAYS WORKSHOP  
ON  
LATEST TRAINING TRENDS IN SPORTS  
MARCH 6TH -7TH, 2020  
TIME - MORNING 6.30 AM TO 8.30AM  
EVENING 3.30 PM TO 5.30 PM**



**ORGANIZED BY  
SCHOOL OF STUDIES IN PHYSICAL EDUCATION  
PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR (C.G.)**

# THE WORKSHOP

SPORTS TRAINING HAVE BEEN AN INTEGRAL PART OF SPORTSPERSON SUCCESS, TRENDS IN THIS DOMAIN IS CONTINUOUSLY CHANGING OWING TO THE NEED OF COMPETITIONS. TRADITIONAL SPORTS TRAINING HAVE BEEN INCORPORATED WITH VARIOUS EMERGING ADVANCE SCIENTIFIC TECHNIQUES FOR UPLIFTMENT OF PERFORMANCE, SO IT IS NECESSARY FOR THE COACHES, TRAINERS & PLAYER TO HAVE IN-DEPTH UNDERSTANDING OF MODERN & INNOVATIVE CONCEPT OF SPORTS TRAINING TO ACHIEVE PEAK & CONSISTENT PERFORMANCE. THE WORK SHOP WILL HELP THE PARTICIPANT TO UNDERSTAND THE EMERGING TREND IN SPORTS TRAINING.

## OBJECTIVES:

- ENHANCE THE TRAINING SKILLS OF PARTICIPANTS WORKING WITH A SPECTRUM OF POPULATION.
- TO DEVELOP INSIGHT INTO THE SUITABILITY OF TRAINING PROGRAM .
- TO UNDERSTAND THE MICROELEMENTS OF CURRENT TRAINING TRENDS.

## ELIGIBILITY TO PARTICIPATE

UG/PG STUDENTS & RESEARCH SCHOLARS

PROF. REETA VENUGOPAL  
HEAD & PROFESSOR  
SCHOOL OF STUDIES IN PHYSICAL EDUCATION,  
PT. RAVISHANKAR SHUKLA UNIVERSITY,RAIPUR, (C.G.)