

*DEPARTMENT OF PHYSICAL EDUCATION  
MAHARSHI DAYANAND UNIVERSITY ROHTAK*

One Week National Level Workshop  
On SPORTS CONDITIONING  
From 25<sup>th</sup> – 31<sup>st</sup> December, 2011

For Office Use  
Registration  
Date

No.

Registration Form

1. Name of the Delegate: \_\_\_\_\_
2. Designation : \_\_\_\_\_
3. Organization : \_\_\_\_\_
4. Mailing Address : \_\_\_\_\_  
\_\_\_\_\_
5. Telephone(s) : \_\_\_\_\_
6. E.Mail : \_\_\_\_\_

The registration fee to be payable by Cash/DD in favour of HOD Physical Education, Maharshi Dayanand University, Rohtak payable at SBI, Maharshi Dayanand University, Branch, Rohtak.

Cash/DD for Rs. \_\_\_\_\_ No. \_\_\_\_\_ Dated \_\_\_\_\_

This form can be photocopied or downloaded from our website [www.mdurohtak.com](http://www.mdurohtak.com)

Note:

Each participant has to stay in the accommodation provided by the University.

For Teachers only

Registration fee upto 20.12.2011 Rs.4000/-

Registration fee from 21.12.2011 to 24.12.2011 Rs.4500/-

On the same day registration fee of Rs. 5000/-

For Students/Scholars

Registration fee upto 20.12.2011 Rs.2000/-

Registration fee from 21.12.2011 to 24.12.2011 Rs.2500/-

On the same day registration fee of Rs. 3000/-

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## *National Level Workshop*

*On*

### *Modern Developmental Trends in Sports Conditioning*

25<sup>th</sup> to 31<sup>st</sup> December 2011

#### Programme

Dates & Days	Morning practical 7.00 to 8.30 am	Lecture 11.00 to 1.00 pm	Evening practical 3.30 to 5.00 pm
25/12/11 Sunday	<ul style="list-style-type: none"> <li>➤ Opening ceremony at 10 am</li> <li>➤ Key note speaker- Dr. G L Khanna</li> <li>➤ Latest trends in sports conditioning-</li> </ul>		Introduction and orientation of fitness equipment. Recreational games.
26/12/11 Monday	Warm up (general & specific) General fitness through playing recreational games Cool down	Means, methods, procedure and Principles of warm up and cool down Tea break----- Flexibility- type, factor determining & limiting factors, pre-stretch & stretching guidelines, measurement and methods.	Flexibility training- Self and partner assisted exercises using various methods.
27/12/11 Tuesday	Core strength- stabilization and strengthening	Strength- types, factors determining, measurement, organization of strength training, Tea break----- Methods- Strength endurance Maximum strength Power	Determination of 1 RM Development of strength endurance
28/12/11 Wednesday	Development of maximum strength, muly gym and barbell exercises	Physiotherapy- Injury prevention Rehabilitative exercises Massage Tea break----- Video session	Rehabilitative exercises Massage

29/12/11 Thursday	Development of explosive strength with additional weight	Speed- types, factor determining, methods and measurement Tea break----- Video session	Plyometric exercises for explosive strength
30/12/11 Friday	SAQ drills	Endurance- types, factors determining, measurement and methods Tea break----- Video session	Development of aerobic and anaerobic endurance
31/12/11 Saturday	Smart machine exercises	Invited guest speech	Valedictory function at 3.00 pm