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Practical implication for Long-Term Athletic Development to assist coaches with a “best practices” model to develop a movement, physical and sports literacy that improve athleticism.”



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Abstract: This article will offer a framework for practical, functional, and sequential skill development to assist coaches with a “best practices” model to develop a movement, physical literacy, and movement skills that improve athleticism. The LTAD must start at the youth level. This article will focus on ages 3–14 years. To date, little has been done to provide youth coaches with knowledge of how to teach and develop proper movement techniques. Coaches are left often with an excessive number of competitions, incomplete athlete development, and an emphasis on sports-specific skills only. Many athletes suffer systemic overuse injuries caused by improper training and repeated sub-maximal repetition stress, followed by inadequate recovery.

Biography: Prof. Dr. Gurmeet Singh is a Professor in the Department of Physical Education, Panjab University-Chandigarh and he was also a Director of Sports in Panjab University. He completed his graduation in arts in 1993 and then did his diploma in sports coaching in Athletics in 1995 from very famous National Institutes of Sports, Patiala, and then he did his master’s in physical education with gold medal from Panjab University, Chandigarh in 1997. He joined as a lecturer in physical education in Panjab University, Chandigarh in 1998. He completed his doctoral in philosophy in 2004; he is teaching sports training, Athletics specialization and kinesiology & biomechanics to master level students. At present he is a professor at Panjab University, Chandigarh. And his area of research is sports training and positive psychology. Under his supervision many Ph.D. thesis has been completed and he also guided so many master level theses. There are around 50 publications of Dr. Singh in national and international journals. He has been a keynote and invited speaker at many national and International

conferences and workshops and also member of many international physical education and sports sciences bodies.