



TAMILNADU ATHLETIC ASSOCIATION

(Affiliated to the Athletic Federation of India)

Registered with Tamilnadu Society Act

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CIRCULAR

08.09.2023

Greetings!

Tamil Nadu Athletic Association is happy to conduct a **Coaches Seminar** on **September 13**, the day before the Inter District Junior Athletic Championship 2023 at **11 a.m. in KSR Institutions, Namakkal.**

The below subjects will be covered in the lecture. This session will enhance your knowledge and coaching skills, as well as serve as a career development tool.

All coaches of Tamil Nadu are requested to attend this seminar without fail.

The basis of sports science:

- 1.Exercise Physiology
- 2.Sports Nutrition
- 3.Sport Psychology
- 4.Sports Biomechanics
- 5.Biochemistry

Sports medicine:

1. Prevention of injuries
2. Return to play
- 3.Decision for sick or injured athletes
4. To find out the supplements & medicines awareness
5. Prior information to NADA & WADA about athlete injuries or illness medicine.

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Thanking you,

Yours sincerely,

C. LATHA.

Hony. Secretary, TNAA.