

PHYSICAL TRAINING COURSE

(Compulsory Credit policy to all the Ug students)

<i>OUTLINE</i>	<i>DAILY SCHEDULE</i>	<i>TRAINING</i>
<i>EACH SEMESTER (Monsoon and Spring)</i>	<i>Monday Lower Body Strength</i>	<i>Foot Ball, Hockey</i>
<i>90 to 110 days Each Semester</i>	<i>Tuesday Upper Body Strength</i>	<i>Basket Ball , Volley Ball</i>
<i>Two Credits (Each Semester)</i>	<i>Wednesday Speed, Agility and Balance</i>	<i>Cricket, Throw Ball</i>
<i>Total Four Credits to complete in first 2 years</i>	<i>Thursday Flexibility and Abs</i>	<i>Table Tennis , Badminton</i>
<i>20 days attendance In yoga compulsory</i>	<i>Friday General Fitness</i>	<i>Kho – Kho , Gym</i>
<i>Class Timings Monday to Saturday 6:15 a.m. to 7:15 a.m.</i>	<i>Saturday Long Distance Run for Endurance</i>	<i>No Games</i>

Each Student has to complete 4 credits within 2 years and need to get 80% attendance for girls and 85% for boys to get 2 credits in a semester. They should satisfy all the requirements of credit programme.

Organization of Games and Sports

Department of Physical Education and Sports Science is organizing no of sports activities to all the students and having regular sports calendar to take part. Physical Education department is a place where one can recreate mentally, physically and socially.

<i>August - November</i> <i>INTER HOUSE COMPETITIONS</i>	<i>January – April</i> <i>INTER BATCH COMPETITIONS</i>
<i>September</i> <i>LONG DISTANCE RUNS</i> <i>TALKS ON SPORTS & HEALTH</i>	<i>February</i> <i>LONG DISTANCE CYCLING</i>
<i>September – October</i> <i>INTER COLLEGE TOURNAMENTS</i>	<i>February</i> <i>FOOTBALL IN FELICITY</i> <i>TALKS ON SPORTS & HEALTH</i>
<i>August - November</i> <i>FRIENDLY MATCHES</i>	<i>January - March</i> <i>INTER COLLEGE & INTER UNIVERSITY TOURNAMENTS</i>
<i>November</i> <i>SPORTS MEET</i>	<i>January – April</i>

<i>SPORTS CARNIVALS SPORTS CLUBS EVENTS</i>	<i>PREMIER LEAGUES IN DIFFERENT GAMES</i>
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IMPORTANT INSTRUCTIONS REGARDING SPORTS @ IIIT – H

- 1) Student must come with Id card and enter his/her details in the issue form before collecting the material. Gym material will not be issued.
- 2) Student must wear sports uniform including sports shoes to collect the sports material from the store. With improper uniform he/she will not be allowed to play.
- 3) Issue starts from 5:00 p.m. to 6:30 p.m. on all working days at Store room available near the foot ball field.
- 4) Material should be returned before 7:30 p.m. on the same day.
- 5) If a material required on holidays he/she should contact PEC office at room no 029 of Kadamba Nivas cellar opposite to stationery shop on all working days between 7:00 p.m. to 8:00 p.m.
- 6) No one is allowed to play in the hostel rooms/class rooms/corridors etc.
- 7) Institute is not providing shuttle cocks, tennis balls to issue to the students.
- 8) For learning games like Football, Hockey, Badminton and Table Tennis contact Dr K S Kamalakar (9440223033) and for Volley Ball – Mr Anjaneya Prasad (9959611518), Basket Ball – Mr Syed Iliyad (9848916603), Throw Ball – Miss Shiva Shalini(9100316515), Taekwando- Mr U. Madhu(9700727459) and for Gym - Mr Kanaka Raju(9550609438).
- 9) Contact Grounds men in case of any requirement like ground preparation, material issues and any other sports purpose. 1. Mr Sathiah – (8019687506) 2. Mr Ashok – (7036171785) 3. Mr Rangaiah – (9603112578) 4. Mr Anjaiah – (9959997942) 5. Mr Srinivas – (9701413876)
- 10) For Signature on no dues form student must submit the no dues form in the evening after 5:00 p.m. at store room available near foot ball field and can receive the same form next day at 10:00 a.m. after verification.

“PLAY SPORTS AND ENJOY HEALTH”