

Sports At LBRCE:

About Physical Education/ Sports:

Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle.

Physical Directors & Gym Coach:

1.Dr. N. V. Raj Kumar

Assistant Professor, Physical Education

2.Mr. S. Durga Reddy

Assistant Physical Director

3.Ms. M. Baby Rani

Assistant Physical Director

4.Mr. B. Venkata Rao

Gym Coach

Sports Committee members of LBRCE:

SPORTS COMMITTEE

The Sports and Games committee is intended to plan and coordinate the organization of various Extracurricular activities in the college. The aim of this committee is to make students more fitness and health conscious. The sports and games committee is responsible to bring the sporting spirit in the the student community and bring in a culture of sports and games in the institute.

Functions:

Monitor the way the activities get organized.

Incorporating the innovations in the events or in the way of organizing the events.

Recommendations for any incentives to the worthy performers.

Identify the strong teams to represents the institute in various Inter-collegiate events.

Create awareness about the different sport activities.

To Know about sports Committee members of LBRCE refer this link:

<https://lbrce.ac.in/sports/sportscommittee.php>

Sports Event at LBRCE:

LBRCE hosts many sports events to know about all the events refer this link:

<https://lbrce.ac.in/sports/events.php>

Sports Achievements of LBRCE students:

please do refer this page to check all the achievements of LBRCE students in sports

<https://lbrce.ac.in/sports/achievements.php>

For more details about sports at Lbrce please do refer this page:

<https://lbrce.ac.in/sports/index.php>

GYMNASIUM

Gymnasium Timings:

- 1) Morning Time : 5.30 AM to 07 .30 AM
 - 2) Evening Time : 3.30 PM to 07 .00 PM
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Gym Coach:

Mr. B. Venkata Rao

GYM & Weight Lifting Coach

B.P.Ed, N.I.S

Lakireddy Bali Reddy College of Engineering (A),

Mobile: 8247636831, +91 8659 222933 (Extn. 614),

Gym Specifications:

- 1) 24 TATION MULTI GYM

S. No.	Particulars	Weights
1	LEGPRESS	120 Kgs
2	CHEST PRESS	100 Kgs
3	LEF SQUAT	120 Kgs

4	DEAD LIFT	80 Kgs
5	HIGH PULLEY (Lat. Pull)	100 Kgs
6	SHOULDER PRESS	70 Kgs
7	BUTTER-FLY	70 Kgs
8	ROWING	60 Kgs
9	SEATED CALFMACHINE	40 Kgs
10	ABDOMINAL CRUNCH	60 Kgs
11	LEG CURL / LEG EXTENSION	60 Kgs
12	ARM CURL	50 Kgs
13	QUAD KICK	60 Kgs
14	WRIST CURL	20 Kgs
15	DELTOID RAISE	60 Kgs
16	PULL OVER	50 Kgs
17	ABDOMINAL CONDITIONER --	
18	BACK HYPER CONDITIONER--	
19	NECK CONDITIONER	--
20	TWISTER	--
21	HALF MOON BENCH	--
22	DIPPING	--
23	CHINNING	--
24	HIP FLEXOR	--
Total Weights		1120 Kgs

2) Weight lifting set with revolving with plates --> 150 Kgs

3) One feet dumble rods --> 30 Nos

4) Four feet dumble rods --> 05 Nos

5) Four feet dumble rods (Neck) --> 02 Nos

6) Weight plates (Rubber black)

1 Kgs --> 20 Nos

2 Kgs --> 20 Nos

3 Kgs --> 22 Nos

4 Kgs --> 16 Nos

5 Kgs --> 06 Nos

10 Kgs --> 10 Nos

7) Weight plates (Metal)

5 Lbs --> 08 Nos

10 Lbs --> 08 Nos

- 8) Power lifting bench --> 01 Nos
- 9) Power lifting belt --> 01 Nos
- 10) Power lifting Stand set --> 01 Nos
- 11) Push up stand --> 01 Nos
- 12) Treadmill (Electronic) --> 01 Nos
- 13) Setting and standing twister --> 01 Nos