



ජාතික ක්‍රීඩා විද්‍යා ආයතනය
தேசிய விளையாட்டு விஞ்ஞான நிறுவனம்
NATIONAL INSTITUTE OF SPORTS SCIENCE

ශ්‍රීමතී හා පාසල් ක්‍රීඩා යටිතල පහසුකම් ප්‍රවර්ධන රාජ්‍ය අමාත්‍යාංශය
கிராமிய மற்றும் பாடசாலை விளையாட்டு உட்கட்டமைப்பு மேம்பாட்டு ராஜாங்க அமைச்சு
State Ministry of Rural and School Sports Infrastructure Improvement



Mr. D.A.T.S. Dunusinghe of index number 1835 has completed the Diploma in Sports Science 2018/2019 conducted by the National Institute of Sports Science.

The sections included in the course were

SECTION – A General Theory of Training and Viva Voce Grade: B

1. Principles of Sports Training
2. Energy systems
3. Training Methods and systems
4. Physical Qualities and Skills
5. Planning and periodization

SECTION – B Games Grade: B

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|------------------|-----------------|
| 1. Football | 7. Table Tennis |
| 2. Kabaddi | 8. Netball |
| 3. Volleyball | 9. Gymnastic |
| 4. Weightlifting | 10. Judo |
| 5. Cricket | 11. Swimming |
| 6. Basketball | 12. Badminton |

SECTION – C Athletics Grade: C

1. Sprints, Middle and Long distance Running
2. Athletic Rules and Track Marking
3. Throws
4. Jumps

SECTION – D Specialization Grade: C

Badminton

SECTION – E Ancillary Subjects Grade: C

1. Sports Physiology
2. First aid and Sports Medicine
3. Sports Nutrition
4. Sports Psychology
5. Sports Sociology
6. Sports Biochemistry
7. Sports Statistics & Management

Grading Categories:

A - Distinction


B - Credit

C - General Pass

D - Failure

Result : Reached the standard required for an Ordinary Pass

Effective Date : 22.04.2019


Chandima M. Wanniarachchi
Registrar
(Acting)