



ජාතික ක්‍රිඩා විද්‍යා ආයතනය
තොසිය බිලෙයාට් නිරුවම
NATIONAL INSTITUTE OF SPORTS SCIENCE

ග්‍රැමීය හා පාසල් ක්‍රිඩා යටිත පහසුකම් ප්‍රවර්ධන රාජ්‍ය අමාත්‍යාංශය
කිරුශාමිය මෘත්‍යුම් පාත්සාල බිලෙයාට් ඉංජේනුරුම්පාර් මෙම්පාට් රාජ්‍යාර්ක අමෙස්ස
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
	<ol style="list-style-type: none">1. Principles of Sports Training2. Energy systems3. Training Methods and systems4. Physical Qualities and Skills5. Planning and periodization	
SECTION – B	Games	Grade: B
	<ol style="list-style-type: none">1. Football2. Kabaddi3. Volleyball4. Weightlifting5. Cricket6. Basketball7. Table Tennis8. Netball9. Gymnastic10. Judo11. Swimming12. Badminton	
SECTION – C	Athletics	Grade: C
	<ol style="list-style-type: none">1. Sprints, Middle and Long distance Running2. Athletic Rules and Track Marking3. Throws4. Jumps	
SECTION – D	Specialization Badminton	Grade: C
SECTION – E	Ancillary Subjects	Grade: C
	<ol style="list-style-type: none">1. Sports Physiology2. First aid and Sports Medicine3. Sports Nutrition4. Sports Psychology5. Sports Sociology6. Sports Biochemistry7. 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

[Signature]
Chandima M. Wanniarachchi
Registrar
(Acting)