

INDIAN ACADEMY

Degree College - Autonomous

POLICY DOCUMENT & GUIDELINES

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Introduction:

The Department has been active since its inception in promoting physical activity and sports. It has always played a key role in organizing sports activities and tournaments. Sports have been given prime attention to prepare the youth as dynamic individuals with a spirit of sportsmanship and emphasis on physical fitness. We encourage the potential of our youth to shine at various levels of sports to bring name and honour to College and country at large.

Need for Physical Education:

- Participation in sports and games help build a sense of co-operation and team spirit among students.
- Students learn to cope with difficult situations to overcome nervousness.
- Sports and games are good exercises and help to build mental and physical fitness.
- Good physical and mental health is one of the most important benefits of sports and games.

Aim:

To promote every individual's health, physical well-being as well as acquisition of physical skill among the students.

Objectives

- To develop an understanding of the importance of sport in the pursuit of a healthy and active lifestyle at the college and beyond.
- To select, train and depute the teams for the inter collegiate, inter-university, national and international competitions.
- To develop an ability to observe, analyse and judge the performance of self and peers in sporting situations.
- To develop an appreciation of the concepts of fair play, honest competition and good sportsmanship.
- To develop leadership skills and foster qualities of co-operation, tolerance, consideration, trust and responsibility when faced with group and team.

SPORTS COMMITTEE

To ensure that the above objectives are attained and to promote the participation of students in sports related activities, sports committee has been set up by the department.

CONSTITUTION OF THE COMMITTEE

The committee would consist of at least 14 members. The member details are as follows

Sl. No.	Designation	Number of members
1.	Chairperson- Principal	1
2.	Convener (Physical Education Director)	1
3.	Faculty representatives	6
4.	Student representatives	7
5.	Alumni representative	1
Total		16

The constitution of the committee can be increased, if necessary, as per the requirement during the academic year.

WORKING OF THE SPORTS DEPARTMENT / COMMITTEE:

- Strategic perspective plans need to be submitted by the committee along with estimated budget prior to the commencement of the academic year.
- The Sports Committee shall be responsible for all intra college Sports events in the college.
- Any inter collegiate events will be planned in association with other committees.
- The committee shall also be responsible for organizing the celebrations of national festivals and any days of local, national and international significance in the college.
- The committee is therefore entrusted with the planning and scheduling of Sports activities for the academic year. (Tentative dates to be included in the academic calendar of the college.)
- The Coordinator of the committee shall conduct informal meetings at regular intervals to discuss and allocate tasks.
- The committee needs to prepare the annual budget/individual event budget, keeping in mind the various cultural events to be held over the course of the academic year.
- The committee would have to submit the bills and invoices for all expenditures involved to the accounts section.
- The committee is responsible for communicating the report for uploading on college website or arranging for press release.

RESPONSIBILITIES OF THE DEPARTMENT/ COMMITTEE:

The Department and the Committee will be responsible for rolling out activities. Some of the activities are

- Orientation & Registration program to the first-year students.
- Organizing Inter department sports activities & Annual Sports Day.
- Organizing BNU and inter collegiate sports activities as per BNU Sports calendar.
- Selection, Training and practice sessions for college teams.
- Awareness program about general fitness, nutrition and health.
- Organizing faculty sports at college & Inter Collegiate level.

THE PROCEDURE TO ORGANIZE SPORTS ACTIVITIES ARE AS FOLLOWS:

- To obtain formal permission from the College authorities to arrange programs.
- To decide the date, time and agenda of the programs.
- To inform members of staff and students about the events.
- To invite the Chief Guest and other guests of honour.
- To prepare notice board displays, invitations, brochures, certificates etc.
- To arrange the venue and logistics.
- To arrange mementos for guests and trophies, medals and certificates for the participants.
- To train students in various competencies required for conducting the programme- like preparing the ground, stage, compering, giving the welcome address, vote of thanks etc.

COLLEGE AWARDS FOR SPORTS

- Individual athletic championship award- Boys.
- Individual athletic championship award- Girls.

(Individual championship is declared on total points scored by the athlete)

POINTS AWARDED	
1 ST PLACE	5 POINTS
2 ND PLACE	3 POINTS
3 RD PLACE	2 POINTS

BEST SPORTS ACHIEVEMENT AWARD

Awarded to UG and PG students with outstanding performance in Bangalore North University/ Inter University/State/National/International sports competitions.

- Bangalore North University representation.
- Inter University level.
- State level competition.
- National level competition.
- International level competition.

OVERALL TEAM CHAMPIONSHIP

The class with highest number of points in the games is awarded

AWARD FOR PERFORMANCE

Students participating in sports and games as members of the College team can get 2 credits per year for 60 hours of practice/training as recorded. For every additional 60 hours of training, these Students shall get 1 additional credit.

Students get 2 credits for every win whether 1st, 2nd or 3rd in the inter-collegiate competitions.

For every subsequent win (Only 1st) a student can get 1 credit.

- Students playing for the Bangalore North University can get 2 additional credits.
- Students playing for the Karnataka state can get 3 additional credits.
- Students playing in the National teams can get 4 credits. All these credits must be approved by the Sports Director and scrutinized by the committee constituted by the Principal.

CASH AWARD FOR PERFORMANCE

Recognition of medal winning sportspersons by providing cash awards is a significant factor in supporting, encouraging and promoting excellence in sport.

S.No.	Tournament/ Championship	Medal	Award Money (in Rupees) For Athletics / Individual Events/ Group Games
1.	Representing International Games	Gold Silver Bronze For Winners For Runners	Gold (Rs.5000) Silver (Rs.3000) Bronze (Rs.2000) For Winners (Rs.5000) For Runners (Rs.3000)
2.	Representing National Games	Gold Silver Bronze For Winners For Runners	Gold (Rs.4000) Silver (Rs.3000) Bronze (Rs.2000) For Winners (Rs.4000) For Runners (Rs.3000)
3.	Representing Karnataka state	Gold Silver Bronze For Winners For Runners	Gold (Rs.3000) Silver (Rs.2000) Bronze (Rs.1000) For Winners (Rs.3000) For Runners (Rs.2000)

4.	Representing Inter University	Gold Silver Bronze For Winners For Runners	Gold (Rs.2000) Silver(Rs.1500) Bronze(Rs.1000) For Winners(Rs.2000) For Runners (Rs.1500)
5.	Representing Bangalore North University	Gold Silver Bronze For Winners For Runners	Sports Kit will be provided

Note: *Recognizing University Bodies inter – Universities, state, national and international approved bodies can be considered.*